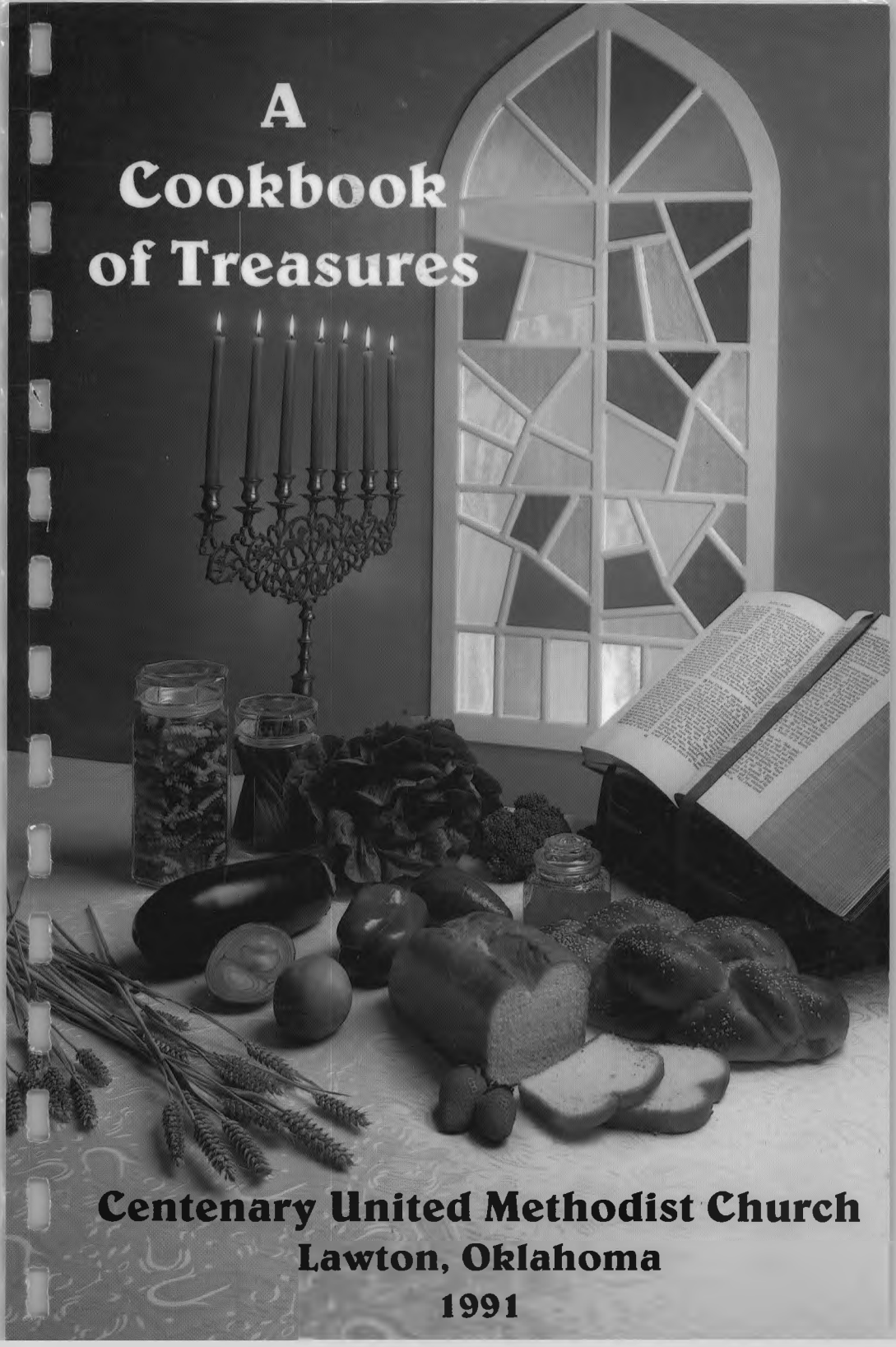


Centenary United Methodist Church
Lawton, Oklahoma
1991

CENTENARY'S FAMILY FAVORITES 1991

Sponsored by

THE UNITED METHODIST WOMEN

CENTENARY
UNITED METHODIST CHURCH

Lawton, Oklahoma

CENTENARY
UNITED METHODIST CHURCH
Lawton, Oklahoma

Centenary was officially organized with 24 members on August 18, 1901, under the name The Methodist Episcopal Church, South. The cornerstone of our present building at 7th and D Avenue was laid in 1922. Because the funds to construct our building came principally from those raised during the Centenary Movement, celebrating 100 years of organized missionary activity of the Methodist Churches in America, the name of the church was changed to Centenary.

First Worship Service (Sunday).....8:30 a.m.
Sunday School .....9:40 a.m.
Second Worship Service (Sunday) .....10:50 a.m.
Teen Youth Group (Sunday).....5:00 p.m.
Mid-Week Youth Program (Wednesday).....4:15 p.m.

"Visitors Are Always Welcome"

Expression of Appreciation

The United Methodist Women, Sponsors of this cookbook, would like to thank and express our sincere appreciation to the many Members of Centenary United Methodist Church who so generously contributed their favorite recipes. Without their help, this book would never have been possible.

We would also like to thank our Committee, The Suzannah Circle and Barbara Hay, who gave so generously of their time and energy to compile these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

We hope you will enjoy the many treasured recipes on the pages that follow.

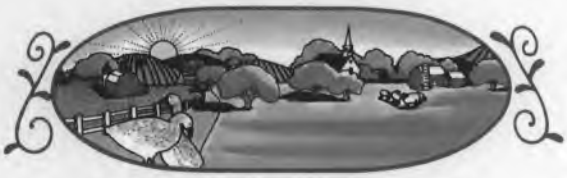
Marian E. Easley & Betty Woodall

Co-Presidents
United Methodist Women

DEDICATION

We dedicate this book to all cooks, present and past. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. They all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes.



Your Favorite Recipes

Recipe	Page Number

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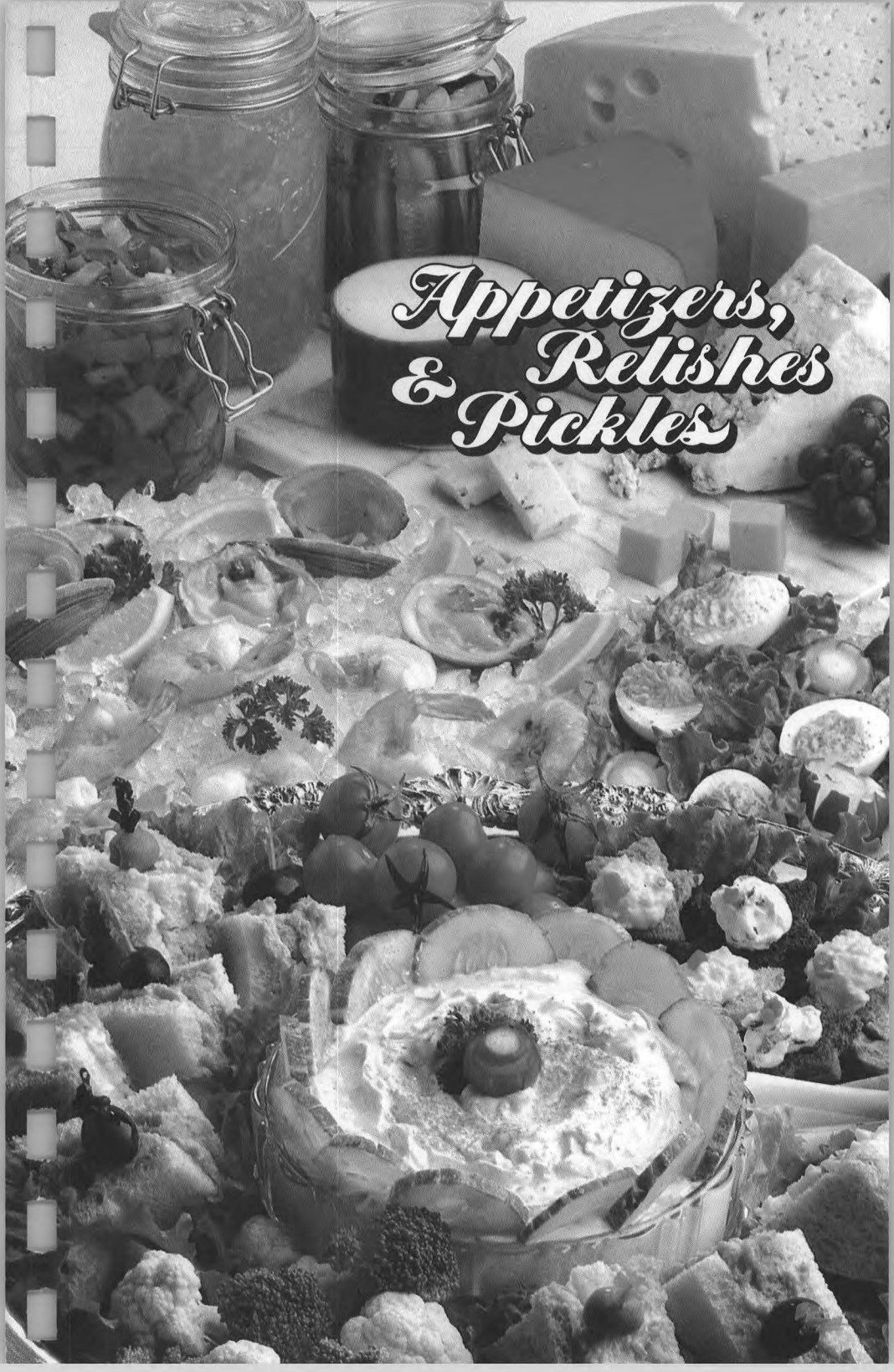
Appetizers,
Relishes
& Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. *Caviar flavored with onion juice.*
2. *Cream cheese with chopped chutney and dash of curry powder.*
3. *Lobster tail moistened with lemon juice.*
4. *Almonds or pecans roasted and chopped, then mixed with anchovy paste.*
5. *Cream cheese with chopped pickle.*
6. *Chicken livers minced and moistened with mayonnaise.*
7. *Cheese squares with olive attached by toothpick.*
8. *Liverwurst with pistachio nuts.*
9. *Sardines with caviar paste.*
10. *Minced eggs with anchovies.*
11. *Cream cheese and horseradish.*
12. *Cream cheese and anchovy paste with grated onion.*
13. *Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.*
14. *Peanut butter and bacon toasted on dark bread.*
15. *Deviled ham with chopped onions and Spanish olives.*
16. *Stilton cheese moistened with Port wine.*
17. *Shrimp flavored with French dressing.*
18. *Caviar mixed with cream cheese with dash of Worcestershire sauce.*
19. *Peanuts roasted, crushed and mixed with anchovy paste.*
20. *Sardine slices topped with chopped olives.*
21. *Pimento cheese mixed with a dash of horseradish.*
22. *Minced shrimp with onion juice.*
23. *Cream cheese with dash of Worcestershire sauce and chives.*

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MACHO MUSTARD

1/2 to 1 c. Colman's dry mustard
1 c. wine vinegar

In double boiler, put 2 eggs and 1 cup sugar. Add mustard mixture. Cook until it is thick (about 10 minutes). Strain into a covered jar. Refrigerate. Serve with meats, meatballs or spaghetti. Do not toss or put in chafing dish for buffet.

Mildred Dosser

BETTY'S POPPY SEED DRESSING

1 1/2 c. sugar
1 tsp. salt
2 tsp. powdered mustard
2/3 c. wine vinegar
2 c. Mazola
3 Tbsp. grated onion
1 Tbsp. poppy seed
4 drops red food color

Blend sugar, salt, mustard and vinegar well. Turn blender on low and add Mazola slowly. When thick, add onion, poppy seed and red food color. Makes 1 quart. Terrific on fruit salad and melon.

Lucile English

FRENCH SALAD DRESSING

1 c. oil
1 c. sugar or a little less
1 small onion
1/2 c. cider vinegar
1/2 c. catsup
1 tsp. salt

Blend together in blender.

Judy Schumpert

* * * * *

Be careful how you live; you may be the only Bible some people read.

BACON CHEESE APPETIZERS

8 slices bacon, cut in half
1/4 lb. Cheddar cheese (sharp)
dash of cayenne pepper
8 cherry tomatoes, halved

Slice bacon in half. Cut Cheddar cheese in small even cubes. Sprinkle cheese cubes with a dash of cayenne pepper. Wrap bacon slices around each cheese cube. Fasten with wooden picks. Place on a baking sheet or in an ovenproof glass dish. Broil for about 5 minutes, turning over after 3 minutes or until cheese starts to melt and bacon is cooked to your liking. Garnish with cherry tomatoes. Serve as an appetizer with celery or carrot sticks. Serves 4.

Brenda Aust

TEMPTING SNACKS

1/3 c. Crisco shortening
2 c. shredded sharp Cheddar cheese
1 c. all-purpose flour
1 (1 1/2 oz.) envelope onion soup mix
paprika (optional)

Mix Crisco, cheese, flour and soup. Mix in a bowl until well blended. Shape into a 12-inch long roll. Wrap into waxed paper and chill. Preheat oven to 375°. Cut chilled dough into 3/4-inch slices. Arrange on ungreased cookie sheets. Bake for 15 minutes or until browned. Cool on racks. Sprinkle with paprika, if desired. Makes 4 dozen appetizers.

Jane Bone

* * * * *

Better to limp all the way to heaven than not get there at all.

DEE'S CARAMEL CORN

1 1/2 c. unpopped corn

Sauce:

2 c. brown sugar
2 sticks oleo
1 tsp. salt
1/2 c. white corn syrup
1 sack raw peanuts
1 tsp. vanilla
1/2 tsp. soda

Bring to boil sugar, oleo, salt white corn syrup and peanuts. Cook for 5 minutes; do not stir. Add vanilla and soda. Pour mix over popcorn to coat. Bake 1 hour at 250°. Stir every 15 minutes.

Judy Nelson

CREAM CHEESE BALLS

3 pkg. cream cheese
1 bunch green onions, chopped
1 (5 oz.) jar dried beef, cut in pieces
chopped nuts

Mix ingredients and form into two balls. Roll in finely chopped nuts. Refrigerate until ready to serve.

This recipe is from my daughter-in-law, Gloria Ellis.

Mary Belle Ellis

BLACK OLIVE SPREAD

1 (8 oz.) cream cheese
1 stick butter
1 can chopped black olives
chopped green onions
chopped pecans (99 cents pkg.)

Mix together. Garnish with chopped onion tops.

Janina Van Natta

CRABMEAT SPREAD

7 oz. crabmeat (small can) or bulk piece, shredded
1/4 c. butter
minced onion to taste
8 oz. cream cheese (only use about 6 oz., room temperature)

Mix ingredients into a ball. Pour cocktail sauce over ball. Serve with Triscuits.

Don Kesler

SHRIMP SANDWICH SPREAD

1/2 c. Hellmann's mayonnaise
1 (8 oz.) pkg. cream cheese
3 tsp. crushed parsley
2 mashed, hard-boiled eggs
2 Tbsp. garden onion or regular onion
1 can medium shrimp, mashed
salt and pepper to taste

Mix mayonnaise and cream cheese together. Add parsley, egg, onion, shrimp and salt and pepper. Make sure all ingredients are well blended. Put in airtight container and refrigerate for at least 8 hours. Serve with crackers, as a spread, or makes great finger sandwiches.

Shirley Stevenson

SANDWICH FILLER

1 pkg. Philadelphia cream cheese
1/4 green pepper, chopped fine
1/4 onion, chopped fine
1/2 c. chopped pecans

Combine cream cheese, green pepper, onion and pecans. Soften with mayonnaise or cream. Spread on Pepperidge Farm thinly sliced bread.

Johnna Hopper

PICKLED MUSHROOMS AND ONIONS

1/3 c. red wine vinegar
1 small onion, thinly sliced and separated into rings
2 tsp. dried parsley flakes
1/2 c. salad oil
1 tsp. salt
1 tsp. prepared mustard
1 Tbsp. brown sugar
2 (6 oz.) cans mushroom crowns, drained or saute
12 oz. fresh mushrooms in
1 Tbsp. butter about
5 minutes

In small saucepan, combine all ingredients except mushrooms. Bring to boiling. Add mushrooms; simmer 5 to 6 minutes. Pour into a bowl; cover. Chill several hours or overnight, stirring occasionally. Drain; serve with cocktail picks. Makes 2 cups.

Barbara Bowman

OLIVE, NUT AND CELERY SANDWICHES

1/2 c. finely chopped pimento stuffed olives
1/2 c. finely chopped celery
1/2 c. finely chopped pecans

Mix with enough mayonnaise to make spreadable. Serve with very thin whole wheat bread.

Marge Ray

TORTILLA ROLL-UPS

flour tortillas (burrito size)
11 oz. cream cheese, softened
2 Tbsp. lime juice
6 to 8 green onions, chopped
8 oz. Cheddar cheese, grated

Mix ingredients and spread on tortillas. Roll and refrigerate. Slice before serving. Serve with picante sauce.

Marge Ray

LOW CALORIE DIP

1 large carton cottage cheese
8 oz. cream cheese
1 pkg. taco mix

Put cottage cheese in blender (a little at a time). Add taco mix and blend until smooth. Place in dish and refrigerate. Just before serving, top with salsa sauce. This makes a large amount so freeze remainder.

Alma Little

ARTICHOKE DIP

1 can artichoke hearts, chopped
1 c. grated Cheddar cheese
1/2 c. mayonnaise
1 (3 to 4 oz.) small can Old El Paso peeled green chilies, chopped

Mix all together and put in baking dish. Bake at 350° for 30 minutes.

Betty Woodall

ARTICHOKE DIP

1 1/2 c. sour cream
1 pkg. Ranch Style dressing
1 1/2 c. mayonnaise
1 (14 oz.) can artichoke hearts, drained and coarsely chopped

Mix all ingredients. Refrigerate until ready to serve. Wheat Thins are good with this.

Shirley Stevenson

CRAB DIP

1 can mushroom soup
1 (8 oz.) cream cheese
1 envelope unflavored gelatin
small amount chopped parsley or parsley flakes
1 c. celery, chopped fine
1 can crab meat
1 c. mayonnaise
Worcestershire sauce
1 small onion, chopped fine

Heat soup and cream cheese; dissolve gelatin in warm mixture. Take from heat and add mayonnaise. Then add celery, onion, parsley, crab and a few dashes Worcestershire sauce and put into a mold. Serve with lite chips or crackers.

Magdalene Barnes

CUCUMBER DIP

2 large cucumbers
1 (8 oz.) bar cream cheese
seasoned pepper
1 large container sour cream
1 large onion
seasoned salt
vinegar

Peel cucumbers and chop finely. Peel and chop onion. Place in bowl and season with salt and pepper. Cover with vinegar and soak (at least an hour or overnight). Drain vinegar. Blend in sour cream and cream cheese. Makes a large recipe and is delicious served with Fritos.

This is an original recipe of my daughter, Shirley Blowers.

Marge Ray

DILL DIP

1 Tbsp. minced parsley
3 Tbsp. grated onions
1 pt. sour cream
1 1/2 Tbsp. seasoned salt
3 Tbsp. dill weed
1 pt. mayonnaise

Serve with fresh vegetables.

Judy Schumpert

CREAMY VEGETABLE DIP

1 c. sour cream
1 c. mayonnaise
1 pkg. original Hidden Valley Ranch salad dressing mix

Blend thoroughly. Chill several hours. Serve with fresh vegetables.

Judy Schumpert

JALAPENO CHEESE DIP

1 pt. Hellmann's mayonnaise (not quite)
1 medium onion, grated or equivalent green onions, chopped fine
1 lb. Velveeta cheese, grated
5 jalapenos, grated or chopped fine, deseed to be less hot

Sprinkle with garlic powder. Combine all ingredients. This is great on crackers or tortilla chips.

Karen Ferguson

YOGURT-HONEY FRUIT DIP

1 c. vanilla yogurt
juice of 1 lemon
3 Tbsp. honey
dash of ginger

Mix all ingredients. For a festive touch, transfer dip to a hollowed out cantaloupe half. Place dip in center of large platter and arrange assorted fruit around it. Fruit suggestions: Balls of watermelon, cantaloupe, honeydew, apples, bananas, strawberries or grapes. Serve with toothpicks.

Barbara Jack

SIX LAYER DIP

2 large avocados, mashed
1/8 tsp. garlic salt
2 Tbsp. mayonnaise
16 oz. picante sauce
3 c. peeled and chopped tomatoes
6 oz. grated Cheddar cheese
1/8 tsp. garlic powder
1 Tbsp. lemon juice
8 oz. sour cream
3/4 c. chopped ripe olives
lettuce

Peel, seed and mash avocados. Stir in garlic powder, salt, lemon juice and mayonnaise. Spread evenly in a 12 x 8 x 2-inch dish. Spread sour cream over avocado mix. Drain picante sauce well. Spoon over sour cream. Top with layers of olives and tomatoes. Sprinkle with cheese. Serve with chips.

Carol Foster

MEXICAN SHRIMP DIP

8 oz. cream cheese, softened
2 Tbsp. mayonnaise
Worcestershire to taste
1 clove garlic, minced
3/4 c. picante sauce
1 (6 oz.) carton frozen avocado dip, thawed
1 (8 oz.) can baby shrimp, drained
3 green onions, chopped

Combine first 4 ingredients in bowl; mix well. Spread on rimmed plate; cover. Chill in refrigerator. Layer avocado dip and picante sauce over top. Sprinkle shrimp and green onions on top. Serve with chips.

Garnetta Zwaan

SPINACH DIP

2 c. dairy sour cream
1 (10 oz.) pkg. frozen chopped spinach
1 c. picante sauce
8 oz. can water chestnuts, drained and finely chopped
1/3 c. onion, finely chopped (sweet)
1 envelope vegetable soup mix

Combine all ingredients; mix well. Cover and chill at least 2 hours before serving. Serve with chips, bagel chips, crackers or vegetable dippers. Makes about 5 cups.

Jo Nan Avery

RAW VEGGIE DIP

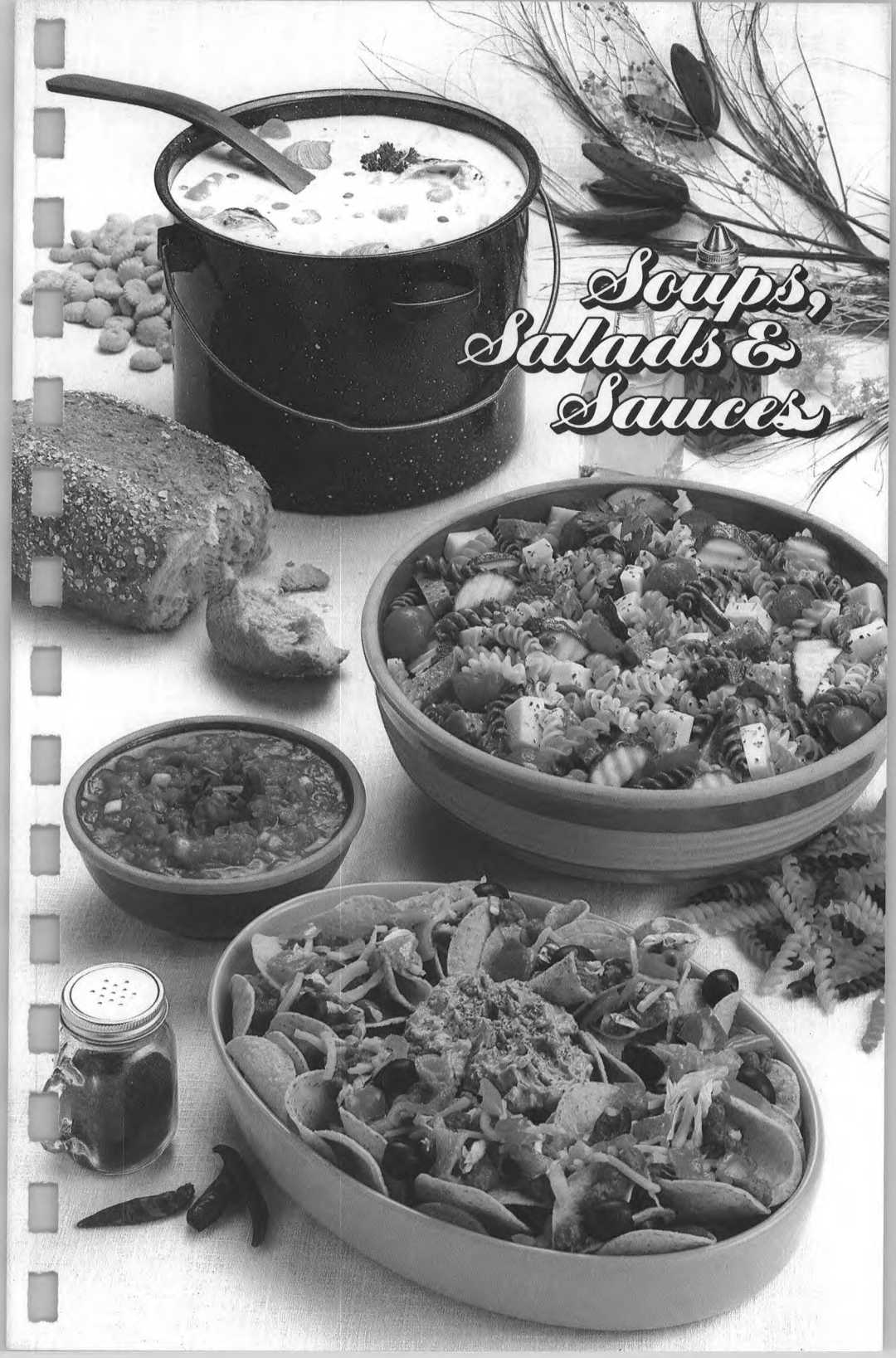
1 pt. Miracle Whip
1 tsp. sugar
1/2 can (small) Milnot
1 Tbsp. garlic powder
1 Tbsp. Worcestershire sauce
Cheddar cheese (your amount)
1 tsp. vinegar (white)

Mix well and refrigerate several hours. Excellent with raw veggies of all kinds. Also good with chips.

Carol Foster

<<< Extra Recipes >>>

<<< Extra Recipes >>>


Soups, Salads & Sauces

Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing; chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Use them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and the skin should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments

Clear Soups — crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups — cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups — Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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BURNSIDE CHILI

3 lb. ground venison or beef
3 Tbsp. hot chili powder or 6 Tbsp. regular chili powder
1 tsp. sugar
3 tsp. salt
1/4 tsp. red pepper
1 tsp. ground cumin
1 tsp. oregano
1 (8 oz.) can tomato paste
1 qt. water
2 Tbsp. paprika
1/2 tsp. black pepper
1 tsp. garlic powder
1 c. picante sauce
2 (15 oz.) cans stewed tomatoes

Brown meat and drain grease. Place in large pot and add other ingredients. Cook at bubbling simmer for 30 to 45 minutes.

Mike Burnside

GOODY-GOOD CHILI

2 lb. ground beef
2 cloves garlic, minced
2 Tbsp. ground cumin
1 (1 oz.) pkg. chili seasoning
1 (1 lb.) can tomatoes, mashed
1 (15 oz.) can chili beans
1 large onion, chopped
2 Tbsp. chili powder
1 tsp. salt
1/4 tsp. pepper
1 small can tomato sauce

Saute ground beef, onion and garlic in iron skillet or Dutch oven on medium-high heat. Add remaining ingredients and blend well. Bring to steaming point. Reduce heat to lowest point and simmer for 1 hour, covered.

Joyce Fulton

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Don't hurry, don't worry, do your best and leave the rest.

RIDICULOUSLY EASY CHILI

2 Tbsp. olive oil
2 (15 1/2 oz.) cans kidney beans, drained
2 large onions, minced
1/2 tsp. garlic powder
1 bay leaf
2 celery stalks, chopped (garnish)
1 lb. lean ground beef
2 (10 1/2 oz.) cans tomato soup
1 1/2 soup cans water
2 Tbsp. chili powder or to taste
dash of black pepper
1 green pepper, seeded and chopped (garnish)

Heat oil in large skillet over medium-high heat. Add meat and brown completely. Pour off fat. Stir in beans, soup and water and bring to boil. Reduce heat to medium; add onion. Cover and cook about 15 minutes. Add chili powder, garlic powder, bay leaf and pepper and simmer covered over medium-low heat, 45 minutes. Remove bay leaf. Serve garnished with chopped celery and green peppers.

Gene Hancock

OLD UNCLE AWFUL'S REALLY BAD CHILI

2 lb. hamburger
2 medium onions, diced
2 bell peppers, diced
2 (16 oz.) cans tomatoes
2 cans pinto beans
2 cans kidney beans
2 jalapeno peppers, sliced
7 Tbsp. chili powder
2 Tbsp. cumin
2 Tbsp. salt
1 Tbsp. pepper
1 c. picante sauce
1/3 c. cooking oil

Brown hamburger and onions in oil. Add all other ingredients and simmer 4 hours. Add or subtract seasoning to taste. This recipe is hot.

Jo Nan Avery

* * * * *

It is better to wear out than rust out.

SAN ANTONIO GAZPACHO

1 c. finely chopped, peeled tomatoes
1/2 c. each finely chopped green pepper, celery and cucumber
1/4 c. finely chopped onions
2 tsp. snipped parsley
1 tsp. chopped chives
1 small garlic clove, minced
2 or 3 Tbsp. tarragon wine vinegar
2 Tbsp. olive oil
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. Worcestershire sauce
4 c. tomato juice
croutons

Combine all ingredients except croutons in stainless steel or glass bowl. Cover. Chill at least 4 hours. Serve in chilled cups with crisp croutons. Serves 6.

Joan Dixon

PORTUGUESE SOUP

1/2 tsp. each salt, pepper, garlic salt and garlic powder
1 c. chopped onion
2 links Italian sausage or kielbasa, sliced
15 oz. can kidney beans
15 oz. can tomato juice
3 oz. tomato paste
3 tomato paste cans water
1 medium head cabbage, chopped
2 large potatoes, diced
10 1/2 oz. can beef bouillon
1 can water
1/4 c. white vinegar
1/2 tsp. salt and pepper
1/4 tsp. garlic salt

Cover bottom of soup pot with oil and salt, pepper, garlic salt and garlic powder. Stir in onion and Italian sausage or kielbasa. Saute 5 minutes. Add kidney beans, tomato juice, tomato paste and 3 cans water. Add cabbage, potatoes, beef bouillon and 1 can of water. Stir in white vinegar. Top with salt and pepper and garlic salt. Bring to boil and simmer 3 to 5 hours, stirring often. Can be made in slow cooker, cooking on medium heat 10 to 11 hours.

Jo Nan Avery

* * * * *

Smile for the joy of others.

POTATO-CHEESE SOUP

3 to 4 medium potatoes, peeled and finely diced
1 small onion, finely chopped (about 1/2 c.)
4 c. water, seasoned with chicken bouillon cubes (4 cubes or 2 Tbsp. granules)
1 stick butter
1 small pkg. Velveeta cheese or 1/4 to 1/2 large box
approximately 1/2 c. instant potato flakes
half and half or warmed milk
season to taste with dill weed, parsley, white or black pepper and granulated garlic

In a medium size pan (at least 2 quarts), put potatoes and onion. Cover all this with water seasoned with chicken bouillon cubes. Cook until potatoes are tender and getting close to mushy. (In other words, overcook the potatoes.) Reduce heat to medium to low and add Velveeta cheese and butter. Stir frequently until cheese is completely melted. Now thicken the soup with instant potato flakes. Thicken the soup thicker than you would really want it to be. Thin with half and half or warmed milk. The thickening and thinning process is undefined; just use your best judgment. Season to taste with dill weed, parsley, white or black pepper and granulated garlic (I use lots of garlic!). This soup can be made quickly and easily. The amount can be adjusted to make large quantities. Once you have the method down (which is not hard!), you won't need a recipe.

Broccoli-Cheese Soup: Make same as Potato-Cheese Soup except you substitute 2 small packages chopped broccoli (frozen) or 1 bunch of fresh broccoli (chopped in small pieces) for the potatoes. Still thicken with instant potatoes. Add a bit of sweet basil to the list of seasonings.

Carol Foster

HUNTERS STEW

1 lb. ground beef, brown and drain
1 (16 oz. or larger) can tomatoes
1 (8 oz.) can tomato sauce
1 tsp. sugar
1 tsp. salt
1/2 envelope Lipton onion soup mix
16 to 20 oz. frozen mixed vegetables
3 Tbsp. plus a little more pearl barley

Cook and simmer about 20 to 30 minutes.

Carol Foster

MOTHER'S IRISH STEW

(Pressure Cooker Method)

1 to 2 lb. lean stew meat
meat tenderizer
1 bay leaf
1 small can peas
1 small can whole kernel corn
no salt
pepper
garlic salt
oregano (optional)

Wash meat and rub in tenderizer. Roll in flour seasoned with spices. Melt 2 to 3 tablespoons Crisco in bottom of pressure cooker. Sear meat. Add 1 1/2 cups water and 1 bay leaf. Cook 12 minutes using 10 pound weight. Reduce pressure by pouring cold water over lid and remove. Stir meat, scraping bottom of pan and add juice from cans of peas and corn. Add the following vegetables:

4 medium potatoes, cubed
1 large onion, chopped
6 carrots, cut in thin circular slices
desired amount celery, chopped
1 green pepper, chopped
small piece dried red pepper (optional)

Cook 8 minutes using 15 pound weight. When finished, reduce pressure and remove lid. Add peas and corn and small piece of red pepper. Heat. If thicker stew is desired, make a paste of flour and milk. Add to stew and cook until thickened. Serves 8 to 10 people.

L. A. Ellis

TACO SOUP

1 1/2 lb. ground beef, browned and drained
1 pkg. frozen corn
1/2 c. chopped onion (I use more)
1 can beef broth
1 can chicken broth
1 (16 oz.) can stewed tomatoes
1 (16 oz.) can kidney beans (pinto beans can be used)
1 pkg. dry taco seasoning

Add all ingredients and simmer about 20 minutes. This is very easy to make and if more of any one of ingredients is desired, add it!! Place tortilla chips in soup bowls. Add soup and top with all or any of the following: chopped avocado, sharp cheese, sour cream and chopped green onions.

Helen Jones

VEGETABLE CHEESE SOUP

5 carrots, cut into 1/4-inch slices
5 stalks celery, cut into 1/4-inch slices
1 (10 oz.) pkg. frozen chopped broccoli
1/2 head cauliflower, broken into flowerets
5 chicken bouillon cubes
1 (10 oz.) can chicken broth
1 tsp. salt
3 1/2 c. water
1 c. shredded Cheddar cheese
dash of white pepper
1 1/2 c. shredded Swiss cheese

Combine all ingredients in Dutch oven. Bring to a boil. Cover and simmer 1 to 1 1/2 hours, stirring occasionally.

Pegge Allen

TART LEMON SAUCE

1 c. sugar
1 to 2 Tbsp. grated lemon rind
1/3 c. lemon juice (fresh)
1/2 c. butter or oleo
2 eggs, beaten

Combine sugar, butter, lemon rind and juice in top of a double boiler. Bring water to a boil. Reduce heat to low and cook until butter melts and sugar dissolves, stirring occasionally. Stir in eggs and cook, stirring constantly for 5 to 7 minutes or until sauce thickens and coats a metal spoon. Remove from heat. Serve on angel food or pound cake or gingerbread. Yield: 1 2/3 cups.

Lois Petree

ITALIAN SAUCE

1 1/2 to 2 lb. good ground beef or chuck
1 medium onion
2 cloves fresh garlic
1 can whole tomatoes
1 can tomato paste
2 cans tomato sauce
1 tsp. oregano
1 Tbsp. sugar
2 (4 oz.) cans or 1 lb. fresh mushrooms, sliced (optional)

Brown ground beef, onion and garlic. Drain excess fat. Add oregano, mushrooms and tomato sauce. Crush whole tomatoes and add. Add tomato paste and 1 can water. Add sugar. Cook over low heat for 3 to 4 hours, stirring frequently. Add small amount of water as needed.

Don Kesler

JEZEBEL SAUCE

32 oz. apple jelly
32 oz. pineapple preserves
1 (9 oz.) jar prepared horseradish
1 can dry mustard
1/4 tsp. coarse ground black pepper

Blend all ingredients well. Store in airtight container in refrigerator. Serve over block of cream cheese with assorted crackers. Keep in refrigerator indefinitely.

Judy Schumpert

LEMON SAUCE FOR COOKED BROCCOLI

juice of 1 lemon
2 Tbsp. butter
1 tsp. cornstarch
1 tsp. sugar
1/4 c. water

Cook until slightly thickened but only slightly. Pour over cooked broccoli and serve.

Jessie May Hines

TERIYAKI SAUCE

1/2 c. soy sauce
1/2 c. vegetable oil
1/2 tsp. garlic powder
1 tsp. ground ginger
1 Tbsp. lemon juice

Combine in a covered container. Shake well. Marinate meat in this for several hours. For children, baste with sauce while grilling over charcoal fire.

Judy Schumpert

BARBECUE SAUCE

2 c. catsup
6 Tbsp. liquid smoke
2 tsp. Tabasco sauce
1/4 tsp. salt
1/4 c. vinegar
2 Tbsp. brown sugar

Mix together well.

Joyce Fulton

COKE CHERRY SALAD

2 pkg. black cherry jello
1 large or 2 small Cokes (room temperature)
2 cans crushed pineapple
1 can sweet cherries
1 c. chopped nuts

Drain fruit and add water to juice to make 2 cups liquid. Bring to boil and dissolve jello in hot mixture. Add Coke. Chill until thick; add fruit and nuts. Chill several hours.

Judy Nelson

DORIS' CRANBERRY RELISH

1 (13 oz.) pkg. fresh cranberries
2 Delicious apples
2 oranges
1 c. pecans
1/2 c. sugar or less

Combine. Grate all ingredients including rind. Delicious!!

Sarah Bridges

CRANBERRY JELLO MOLD

1 small pkg. raspberry jello
11 oz. can mandarin oranges, drained
16 oz. can whole cranberry sauce
1/2 tsp. salt
2 Tbsp. lemon juice
1/4 c. chopped pecans
1/2 c. celery, finely chopped

Prepare gelatin with 1 1/2 cups water. Cool. Add remaining ingredients and mix thoroughly. Refrigerate.

Betty Browers

CRANBERRY SALAD FROM MOTHER'S KITCHEN

2 c. cranberries
1/2 c. chopped apples
1/2 c. diced celery
2 boxes lime jello or 1 large box
1/4 c. ground nuts
1 c. water
1 c. sugar

Prepare jello in usual method and set aside to cool. Cook cranberries in water until soft. Put through sieve. Add sugar and cook 5 minutes. Cool. Chop apples, celery and nuts. Mix with cranberry mixture. Add to jello and refrigerate to harden. May pour in individual molds and serve on lettuce leaves when firm. Garnish with desired dressing.

Mary Belle Ellis

FANTASTIC FRUIT SALAD

1 can apricot pie filling
1 large can pineapple tidbits
2 cans fruit salad
3 to 4 bananas

Stir, chill and serve.

Marian Easley

FIVE CUP FROZEN FRUIT SALAD

1 c. drained pineapple chunks
1 c. mandarin oranges
1 c. small marshmallows
1 c. shredded coconut
1 c. sour cream*

*This may be divided into part cream and part Cool Whip if you want a sweet salad.

Mix all drained fruit, marshmallows, coconut and sour cream. Spread into a shallow dish and freeze. Cut salad into squares and serve on lettuce leaf.

Dorothy Easley

* * * * *

A good example is the best sermon.

FANTASTIC FRUIT SALAD

1 small pkg. vanilla instant pudding (can use sugar-free)
3 Tbsp. Tang powder
1 (15 oz.) can pineapple chunks, drained
any of your favorite fresh or canned fruit

Mix pineapple juice, Tang and instant pudding until well blended. Add pineapple chunks and fruit of your choice. Mix well. Refrigerate until ready to use. Best if refrigerated for at least 1 hour.

Lucile English

CREAMY FRUIT SALAD

1 (2 oz.) can crushed pineapple
1 pkg. lemon gelatin
2 (3 oz.) pkg. cream cheese
1/8 tsp. salt
1 c. whipped topping (Cool Whip)

Drain pineapple and add water to make 2 cups. Heat to boiling. Add gelatin and dissolve. Put in icebox dish and chill to slightly thick. Stir in everything except whipped topping. When thickened, add whipped topping.

Merrole Dickens

MOLDED FRUIT SALAD

1 small pkg. lemon jello
1 c. hot water
1/2 c. creamy cottage cheese
1 c. whipped cream, whip until stiff
1 small can crushed pineapple, drained
1/2 c. pecans
1/2 c. maraschino cherries, quartered and drained

Dissolve jello in hot water. Chill until partially set. Fold in cottage cheese, whipped cream, pecans, cherries and pineapple. Pour into 1 quart refrigerator tray. Chill until firm. Serves 8.

Jeanne Hill

TROPICAL FRUIT SALAD

1 can tropical fruit cocktail
1 medium size orange or raspberry jello

Drain fruit and save juice. Prepare jello usual way. When at syrup stage; fold in fruit. Use fruit juice from can of fruit as part of cold water for jello. Pour into jello molds or sheet cake pan from which squares can be cut. Can be used on lettuce for dinner salad or with Cool Whip for dessert.

Virginia Ellis

LIME JELLO SALAD

1 large can crushed pineapple
2 pkg. lime jello
2 c. celery, cut into small pieces
1 small can pimento, cut in small pieces and drained
2 (18 oz.) pkg. Philadelphia cream cheese
1 c. whipping cream

Mix well pineapple and jello together and cook to boil. Cool. Mix well together celery, pimento and cream cheese and add to the cooled jello mixture. Whip whipping cream and fold in mixture. Chill.

Jeanne Hill

ORANGE SALAD

2 small boxes orange gelatin
4 c. hot apricot nectar
2 cans mandarin oranges, drained
sour cream (optional)

Dissolve gelatin in very hot (but not boiling) apricot nectar. Add mandarin oranges when gelatin is partially congealed. Can be topped with sour cream if desired.

Mildred Adair

* * * * *

Tact is the ability to close your mouth before someone else wants to.

ORANGE-ALMOND PILAF

1/2 c. sliced almonds
1/2 c. chopped green onion
1/4 tsp. cinnamon and dried thyme
1/8 tsp. pepper
few dashes of red pepper
1 (14 1/2 oz.) can beef broth
1 c. rice
2 Tbsp. margarine
1 clove minced garlic
1 tsp. grated orange peel

Toast almonds in microwave on High for 3 1/2 minutes, stirring frequently. In 2 1/2 quart saucepan, cook onion, garlic and seasonings in margarine until tender. Add rice, broth and orange peel. Simmer, covered, 15 to 20 minutes. Stir in almonds. Serve.

Nancy Clayton

RASPBERRY SALAD

1 (3 oz.) pkg. lemon jello
1 (3 oz.) pkg. raspberry jello
2 c. boiling water
1 can crushed pineapple with juice

Topping:

1 egg, beaten
2 Tbsp. flour
2 Tbsp. butter
1/2 c. sugar
1 c. pineapple juice

Cook until thick. Cool. Fold in 1 cup whipped cream. Spread on top. Sprinkle raspberry jello on top of raspberry salad.

Jeanne McGilliard

RASPBERRY-CRANBERRY SALAD

2 pkg. raspberry jello
2 c. boiling water
2 cans whole cranberry sauce
1 pkg. frozen red raspberries

Dissolve jello in water. Add cranberries and raspberries. Excellent with chicken or turkey.

Carol Foster

SOUFFLE SALAD

1 pkg. lemon jello
1/2 c. mayonnaise or salad dressing
2 Tbsp. lemon juice or ReaLemon
3/4 c. seedless grapes (optional)
1 c. hot water
1/2 c. cold water
1/4 tsp. salt
1 c. diced, peeled apple
1 grated carrot
1/2 c. chopped nuts, walnuts or pecans

Dissolve jello in hot water. Add cold water, lemon juice, salt and mayonnaise. Blend well with rotary beater. Chill in refrigerator until firm about 1 inch from edge but soft in center. Turn mixture into bowl suitable for whipping. Whip with rotary beater until fluffy. Fold in apples, grapes, carrot and nuts. Chill until firm (unmolded). Garnish with any fruit, if so desired.

Aline Lowry

PRETZEL STRAWBERRY GELATIN SALAD

2 c. crushed pretzels
1/4 c. sugar
3/4 c. butter, melted
8 oz. cream cheese, softened
1 c. sugar
1 1/2 c. Cool Whip, thawed
2 c. pineapple juice
6 oz. strawberry jello
2 (20 oz.) pkg. frozen strawberries

Mix pretzels, 1/4 cup sugar and butter. Press into 13 x 9-inch baking dish. Bake at 350° for 10 minutes. Cool. With mixer, blend cream cheese and 1 cup of sugar. Fold in whipped topping. Spread over crumb mixture and set aside. In saucepan, heat pineapple juice; add jello and stir until dissolved. Pour into large bowl; mix in strawberries and refrigerate until partially congealed. Spread over cream cheese mixture and refrigerate until set. I doubled this recipe for our birthday luncheon. If you do, double it the 2 (20 ounce) packages of frozen strawberries are enough. Don't double this.

Helen Williams

STRAWBERRY JELLO SALAD

1 large pkg. strawberry jello
1 c. boiling water
15 1/2 oz. crushed pineapple
1 pkg. frozen strawberries
2 or 3 mashed bananas
3/4 c. chopped nuts
1 small carton sour cream

Dissolve jello in hot water. Before it completely sets, add all ingredients except sour cream. Return 1/2 of mixture in a dish to gel. After firm, spread sour cream over top. Pour on remaining mixture and return to refrigerator.

Magdalene Barnes

STRAWBERRY SALAD

1 pkg. mini marshmallows
2 (3 oz.) pkg. strawberry jello
2 (10 oz.) boxes frozen strawberries
1 c. chopped nuts (optional)
1 (8 oz.) carton or pkg. cream cheese
3 c. boiling water
1 (No. 2) can pineapple, crushed
1 envelope Dream Whip

Dissolve marshmallows in boiling water; stir constantly. Add jello; stir to dissolve. Chill until slightly thick but not set. Add pineapple, thawed strawberries and nuts. Chill until wet. Top with prepared Dream Whip and cream cheese whipped together. This recipe makes a 9 x 13-inch dish or any other comparable dish in size.

Note: This is a delicious, light dessert which will serve a large number.

Alice S. Thomas

BLUE CHEESE DRESSING

1 qt. mayonnaise
4 to 5 oz. Blue cheese (more for taste)
1 pt. sour cream
1/2 squeezed lemon

To Taste:

garlic powder
coarse black pepper
Worcestershire sauce
Tabasco sauce
parsley flakes
milk

Mix in blender until smooth.

Don Kesler

AMY'S SALAD

2 kinds lettuce
celery
green onion
sliced almonds
fresh mushrooms
parsley
1 can mandarin oranges
no salt

Dressing:

1/2 c. oil
1/2 c. tarragon vinegar
salt
1/2 c. sugar

Mix in jar; chill. When ready to serve, pour dressing over salad and toss.

Karen Ferguson

APPLE SALAD

2 Delicious apples, chopped
1 c. chopped celery
1 c. pecans, chopped
1/2 c. light salad dressing
1 c. raisins

Serve on a lettuce leaf made into a nest. Will serve 6.

Louise English

ARTICHOKE SALAD

1 c. rice, cooked as directed on box
marinated artichoke oil
1/2 c. mayonnaise
8 to 10 green stuffed olives, sliced
1/2 c. green pepper
3 green onions including tops

Mix marinated artichoke oil with cooked rice. Then add olives, green pepper and onions. Add artichokes, cut in 1/2 or 1/3 pieces. Add 1 1/2 teaspoons curry powder. Fold in mayonnaise and chill.

Pearl Dyer

* * * * *

The hand that gives, gathers.

COUNTRY BEAN SALAD

1/4 c. olive oil
3 Tbsp. red wine vinegar
1 can chickpeas (garbanzos)
1 can black beans
2 Tbsp. chopped parsley
2 hard-cooked eggs (optional)
1 Tbsp. lemon juice
1/2 tsp. sugar
1 can red kidney beans
1 medium red onion
salt and pepper to taste

Separate eggs and mix on top of salad.

Mary Rector

MARINATED BROCCOLI SALAD

1 bunch fresh broccoli, chopped
2 c. celery, chopped
1 c. green pepper, chopped
2 (4 oz.) cans mushrooms, sliced
1 (1 lb.) can black olives, sliced

Combine all ingredients. Refrigerate and marinate overnight to blend flavors.

Birdie Bowman

BROCCOLI SALAD

1 head or bunch broccoli, chopped*
10 to 12 slices bacon
1/2 red onion

Dressing:

1 c. mayonnaise
1/2 c. sugar
2 Tbsp. vinegar
1/2 c. raisins

Fry bacon until crisp and crumble into small pieces. Combine broccoli, bacon, onion and raisins in large bowl. Blend together mayonnaise, sugar and vinegar. Pour over broccoli mixture. Marinate in dressing for at least 3 to 4 hours before serving.

*If heads are small, you may need to use 1 1/2 or 2 heads or bunches of broccoli.

Mavis Allen

CAULIFLOWER SALAD

1 medium head cauliflower, chopped
6 to 8 green onions, chopped with tops
1/2 c. chopped stuffed olives
3/4 c. chopped dill pickles
1 c. Hellmann's mayonnaise
1/4 c. olive juice

Put mayonnaise and olive juice in a small jar and shake until well blended. Pour over cut vegetables 1 hour before ready to serve. Will serve 8 to 10 people.

Doris Recer

CAULIFLOWER BACON SALAD

1 large head lettuce
1 large head cauliflower
2 c. mayonnaise (not salad dressing)
1 lb. bacon
1 medium onion, chopped
1/3 to 1/2 c. Parmesan cheese

Wash, drain and crispen lettuce; tear into bite size pieces. Toss lettuce with chopped onion. Add layer of raw cauliflower (broken into bite sized flowerets). Add layer of crumbled crisp bacon. Sprinkle Parmesan cheese on top. Cover with Saran Wrap and refrigerate. Toss when ready to serve. Unbelievable but true. Salad keeps refrigerated 2 to 3 days. Toss and serve immediately. Once tossed, it doesn't keep. Serves 12 to 15 people.

Janina Van Natta

ORIENTAL CABBAGE SLAW

2 pkg. Ramen Oriental noodles, crushed
1/4 c. almonds
1/3 c. sesame seed
1/3 c. oleo
1 head cabbage
3 or 4 green onions

Saute almonds, noodles and sesame seed in the oleo until lightly toasted. Drain on paper towels and cool. Shred cabbage; add onions and other ingredients. Add dressing and mix. Enjoy.

Dressing:

1/2 c. oil
1/4 c. wine vinegar
1/4 c. sugar
2 Tbsp. soy sauce
salt and pepper to taste

Audrey Woodall

TWENTY-FOUR HOUR COLE SLAW

1 large head cabbage
1 large onion
3/4 c. vegetable oil
1 tsp. celery seed
1 Tbsp. salt
1 c. vinegar
1 tsp. dry mustard

Shred or slice cabbage and onion; set this aside. Mix together vegetable oil, celery seed, salt, vinegar and dry mustard. Boil oil, vinegar, celery seed, mustard and salt. Pour this over, 1/2 at a time, layer of cabbage and onion with 1/2 cup of sugar sprinkled on top. Layer more cabbage and onion with 1/2 cup sugar and pour rest of hot mixture over. Store overnight in a closed lid (Tupperware) container. Stir several times before serving. Will keep in icebox a week or more.

Mollie Burton

JANE'S FLORIDA CHRISTMAS SALAD

1 cauliflower
1 bunch broccoli
1 lb. bacon, chopped, fried and drained
1 c. grated milk Cheddar cheese
1 c. cashews (pieces or halves)
1 c. raisins

Dressing:

2 c. mayonnaise
1 c. sugar
4 Tbsp. vinegar

Mix using whip, not a mixer or beaters. May be made a day ahead and refrigerated.

This recipe is from Don's mother, Jane Kesler.

Don Kesler

* * * * *

Life is too short to be little.

COPPER PENNIES SALAD

2 lb. bag carrots, sliced, cooked and drained
1 can tomato soup
1/2 c. salad oil
1 c. sugar
3/4 c. vinegar
1 tsp. Worcestershire sauce
1 tsp. mustard
1 tsp. salt
1/2 tsp. pepper
1 large onion, separate rings and slice
2 green peppers, sliced

Mix together tomato soup, salad oil, sugar, vinegar, Worcestershire sauce, mustard, salt and pepper and bring to a boil. Slice onion and peppers. Alternate carrots, peppers and onion and pour sauce mixture over the top of it. If possible, turn container upside-down. It helps to get sauce over all vegetables. Set at room temperature for 45 minutes to an hour. Refrigerate. (A large jar is good to put this in.)

Frances Blubaugh

CHICKEN APPLE SALAD

3 c. diced, cooked chicken
2 c. diced apples
1 c. diced celery
1 c. chopped nuts
salad dressing

Combine chicken, apples, celery and nuts. Moisten with dressing. Mix lightly with two forks. Serve on lettuce.

Jessie May Hines

HOT CHICKEN SALAD

2 c. stewed chicken, diced
1/2 c. chopped, toasted almonds
2 tsp. grated onion
1 c. mayonnaise or salad dressing
1 c. crushed potato chips
2 c. chopped celery
1/2 tsp. salt
2 Tbsp. lemon juice
1/2 c. grated American cheese

Combine all ingredients except cheese and potato chips. Put in baking dish; sprinkle cheese on top, then potato chips. Bake in 400° oven for 20 minutes. Cut and serve.

Elizabeth Morris

ORIENTAL CHICKEN SALAD

3 to 4 cooked chicken breasts
1 to 1 1/2 heads lettuce
3 to 4 green onions
1 small pkg. slivered almonds
1/4 c. toasted sesame seed
1 small can Chinese noodles

Chop chicken, onions and lettuce. Toss with seed, almonds, 1/2 of noodles and dressing. Top with rest of noodles. Serve immediately.

Dressing:

4 Tbsp. sugar
2 tsp. salt
3 tsp. Accent
1/2 tsp. pepper
4 Tbsp. vinegar
1/2 c. salad oil

Blend all ingredients together very well. Add 1 teaspoon poppy seed. Stir or shake. Pour over salad.

Kelly Brack

MARY LOU'S CORN SALAD

1 can white corn, drained
1 can yellow corn, drained
1/2 c. chopped green pepper
1 small jar pimentos
1/2 c. chopped onion
1/2 c. chopped celery
1/2 c. chopped sweet pickles

Dressing:

1/2 c. mayonnaise
1/2 c. pickle juice

Combine all ingredients. Serves 6 to 8.

Pegge Allen

COTTAGE CHEESE SALAD

16 oz. carton small curd cottage cheese
1/2 c. chopped green onion
1 small jar pimentos
1/8 tsp. nutmeg
1 tsp. Cavender's Greek seasoning

Mix together. Refrigerate 1 hour prior to serving.

Kelly Brack

BAKED CRAB SALAD

1 c. crab meat
1 c. soft bread crumbs
1 c. cream
1 1/2 c. mayonnaise
6 cooked, chopped eggs
1 tsp. parsley
1 tsp. minced onion
1/2 tsp. salt
1/2 c. sliced almonds

Mix together crab meat, bread crumbs and cream. To mixture, add mayonnaise, eggs, parsley, onion, salt and almonds. Mix well and scoop in a casserole dish. Top with another 1/2 cup of buttered crumbs and bake 1/2 hour at 350°. Serves 7 to 8.

Jeannine Aust

CUCUMBERS WITH SOUR CREAM

2 medium cucumbers
1 tsp. salt
1 c. sour cream
speck of pepper
2 Tbsp. vinegar
1 Tbsp. minced onion
1/4 tsp. salt
1/4 tsp. sugar

Pare cucumbers. Slice; sprinkle with 1 teaspoon salt. Chill 30 minutes; press out excess water in folds of paper towels. Combine sour cream with rest of ingredients and toss with cucumbers. Chill 30 minutes. Sprinkle with paprika. Makes 6 to 8 servings.

Marian Easley

ORIENTAL GREEN BEAN SALAD

1 (16 oz.) can French-cut green beans, drained
1 (16 oz.) can bean sprouts, drained
1 c. sliced water chestnuts
1 small onion, chopped
1 small jar chopped pimentos
1 small green pepper, chopped
2 c. chopped celery

Dressing:

1/4 c. salad oil
1/2 c. sugar
2 tsp. salt
3/4 c. white vinegar
1/4 c. water

Combine 5 ingredients in saucepan and boil for 1 minute. Allow to cool. Pour dressing over vegetables (except celery) and refrigerate overnight. Before serving, drain and add celery. This will keep days if stored in covered container.

Clorene Hancock

MACARONI SALAD

1 c. macaroni
1 c. pineapple
3/4 c. lemon juice
2 eggs
3 apples, chopped
1 c. cream, whipped
1 c. powdered sugar

Cook macaroni in salted water; drain and wash in cool water. In saucepan, cook lemon juice, powdered sugar and 2 eggs until thick. Pour over macaroni, apple and pineapple. Mix thoroughly. Let stand overnight for best flavor or at least half a day. About 1 hour before serving, add whipped cream.

Note: Two cups Cool Whip or Dream Whip can be substituted for whipped cream. Use a little lemon juice on the apples so they won't turn dark.

Bertha Bevans

* * * * *

The most wasted of days is that in which one has not laughed.

MACARONI SALAD

1 1/2 c. dry shell macaroni, cook according to directions
1 c. sharp Cheddar cheese, diced in small cubes
1 c. chopped celery
2/3 c. green pepper, chopped
1/2 c. green onions with tops, chopped
4 Tbsp. chopped pimento
1/2 c. sweet pickle relish
3 boiled eggs, chopped
black olives, chopped (if desired)

Dressing:

1 c. salad dressing or mayonnaise
2 Tbsp. mustard, prepared

Mix together and refrigerate.

Nita Lawrence White

BARBARA'S ORANGE STUFF

1 small carton small curd cottage cheese
1 (8 or 9 oz.) carton Cool Whip, thawed
1 can Mandarin oranges, drained
1 small can crushed pineapple, well drained
1 (3 oz.) pkg. orange jello

Mix together cottage cheese and Cool Whip. Fold Mandarin oranges and pineapple into the cottage cheese mixture. Sprinkle with orange jello. Jello is not to be sugar-free. Use the regular jello package. After sprinkling the jello on top, mix everything thoroughly. Put immediately into serving dish as the salad will set up very quickly. Any other flavor jello can be used. At times I also add a little bit of coconut into the salad before adding the jello.

Kae Stratmoen

* * * * *

He is richest who is content with the least.

SPINACH SALAD AND DRESSING

mixture of greens (bib lettuce and spinach)

Dressing:

1 to 3 cloves garlic, crushed
2 hard-boiled eggs, chopped with fork
1 tsp. salt
1 tsp. dry mustard
1/2 tsp. pepper
1/2 tsp. sweet basil
3/4 c. salad oil
1/4 c. wine vinegar
lemon juice
red onion, thinly sliced

Make a paste of eggs with salt, dry mustard, pepper and sweet basil. Add oil, vinegar and lemon juice (a few squeezes). Add onion and shake all together in a jar and chill. Shake before using. Keeps well in icebox.

Nita Lawrence White

SPINACH SALAD

1 large bunch fresh spinach, wash well
2 hard-boiled eggs
1 small red onion
12 pieces crisp bacon

Tear clean spinach into bite size pieces. Chop boiled eggs. Slice onion into thin pieces and then cut in half. Break bacon into small bites.

Dressing:

1 c. apple cider vinegar
1/4 c. sugar
1 tsp. dry mustard
1 tsp. poppy seed

Stir well. Pour dressing on salad just before serving.

Esther Powell

AUNT ILA'S SAUERKRAUT SALAD

1 jar sauerkraut, drained
1 c. chopped green pepper
1 small onion, chopped
1 small jar pimentos
1 c. chopped celery
3/4 c. sugar
1/2 c. vinegar

Heat sugar and vinegar until sugar is dissolved. Cool and pour over other ingredients. Let sit overnight. Will keep several days in refrigerator.

Joan Dixon

GERMAN SLAW

1 large head cabbage
1 large onion
1 c. sugar

Shred cabbage and onion. Add sugar. Mix well and let stand while making dressing.

Dressing:

2 Tbsp. sugar
1 Tbsp. salt or less
1 tsp. dry mustard
1 tsp. celery seed or salt
3/4 c. corn oil
1 c. cider vinegar

Mix dry ingredients well; add oil and vinegar in pan. Bring to boil and pour over cabbage. Mix well and let stand until cool. Chill before serving.

Margaret Schmidt

POTATO SALAD

12 small new potatoes
1/2 stalk celery, diced
1 medium onion, diced
1/2 c. Hellmann's mayonnaise
1 medium cucumber, chopped
1 Tbsp. pimento
salt and pepper to taste
1/4 c. pickle relish
8 eggs, boiled and chopped

Boil potatoes in the skin. When tender, drain and cut in small pieces. Add all other ingredients and sprinkle top with paprika.

Ann Lorah

FROZEN PEA SALAD

lettuce
3 or 4 stalks celery
15 radishes
1 large red onion
1 pkg. uncooked frozen peas
mayonnaise

Into an oblong Pyrex dish (not a deep dish), break lettuce. Dice celery. Layer over lettuce. Slice radishes. Layer over celery. Slice and separate onion. Layer over radishes. Layer frozen peas over onion. Salt lightly. Ice with mayonnaise (not salad dressing). Cover with Saran Wrap. Refrigerate an hour before serving (or overnight).

Martha Sadler

CRUNCHY PEA SALAD

1 (10 oz.) pkg. frozen baby peas, thawed
1 c. dried celery
1 c. chopped cauliflower
1/4 c. diced green onion
1 c. chopped cashews
1/2 c. sour cream
1 c. prepared Hidden Valley Ranch original Ranch salad dressing
crisp cooked, crumbled bacon (optional garnish)

Combine all ingredients. Chill. Garnish just before serving.

Marge Ray

PEA AND PEANUT SALAD

1 (10 oz.) pkg. frozen green peas (midgets preferred)
1 (4 1/2 oz.) pkg. Spanish peanuts

Dressing:

1/2 c. sour cream
1/2 tsp. prepared mustard
1/4 tsp. curry or more (if desired)
1/2 c. salad dressing (Miracle Whip)
1 tsp. Worcestershire sauce

Mix all ingredients and fold in peas. Chill overnight or until well chilled. Just before serving, add peanuts. (I like to add diced cauliflower, cubed cheese and green onions.)

Helen Jones

PEAR SALAD

1 (No. 2 1/2) can pears
1 (8 oz.) pkg. cream cheese
1 c. whipping cream, whipped
1 (3 oz.) pkg. lemon jello
1 c. chopped pecans

Drain juice from pears and reserve juice. Bring to boil 1 cup juice on high heat. Remove from heat and add lemon jello. Chill slightly to egg white consistency and whip. Put pears and cream cheese in blender. Blend until creamy. Stir into whipped jello. Add nuts and whipped cream and refrigerate.

Hazel Cagle

RICE FRUIT SALAD

1 c. vanilla ice cream
1 tsp. salt
1 (17 oz.) can fruit cocktail
1 c. pecans, broken
1/3 c. maraschino cherries
1/2 c. sugar
2 c. cooked rice
1 c. shredded coconut
1/8 tsp. lemon juice

Combine ice cream, sugar and salt and beat until soft. Fold in rice, fruit cocktail, coconut, pecans and lemon juice. Put in 9 x 13-inch casserole dish. Arrange cherries on top. Chill well. Do not freeze.

Marge Ray

RAMEN SALAD

1 bag coleslaw mix or substitute your own
1 pkg. beef Ramen noodles, crushed
1/2 c. sunflower seeds
1 bag sliced almonds (1 c.)
1 bunch green onions, chopped
6 slices bacon, fried crisp and crumbled

Toss together and add dressing just before serving.

Dressing:

1/3 c. sugar
1/3 c. oil
1/3 c. vinegar
1 pkg. Ramen seasoning

Judy Nelson

SEVEN LAYER SALAD

chopped lettuce
celery
onions
green peppers
1 box frozen peas, cooked until tender
mayonnaise
grated cheese

In 9 x 13-inch pan, place in this order: lettuce, celery, onions, green peppers, peas, 1 layer of mayonnaise and 1 layer of grated cheese. Cover with foil and refrigerate for 24 hours. A layer of boiled eggs and cooked bacon may be added.

Lorena Fullerton

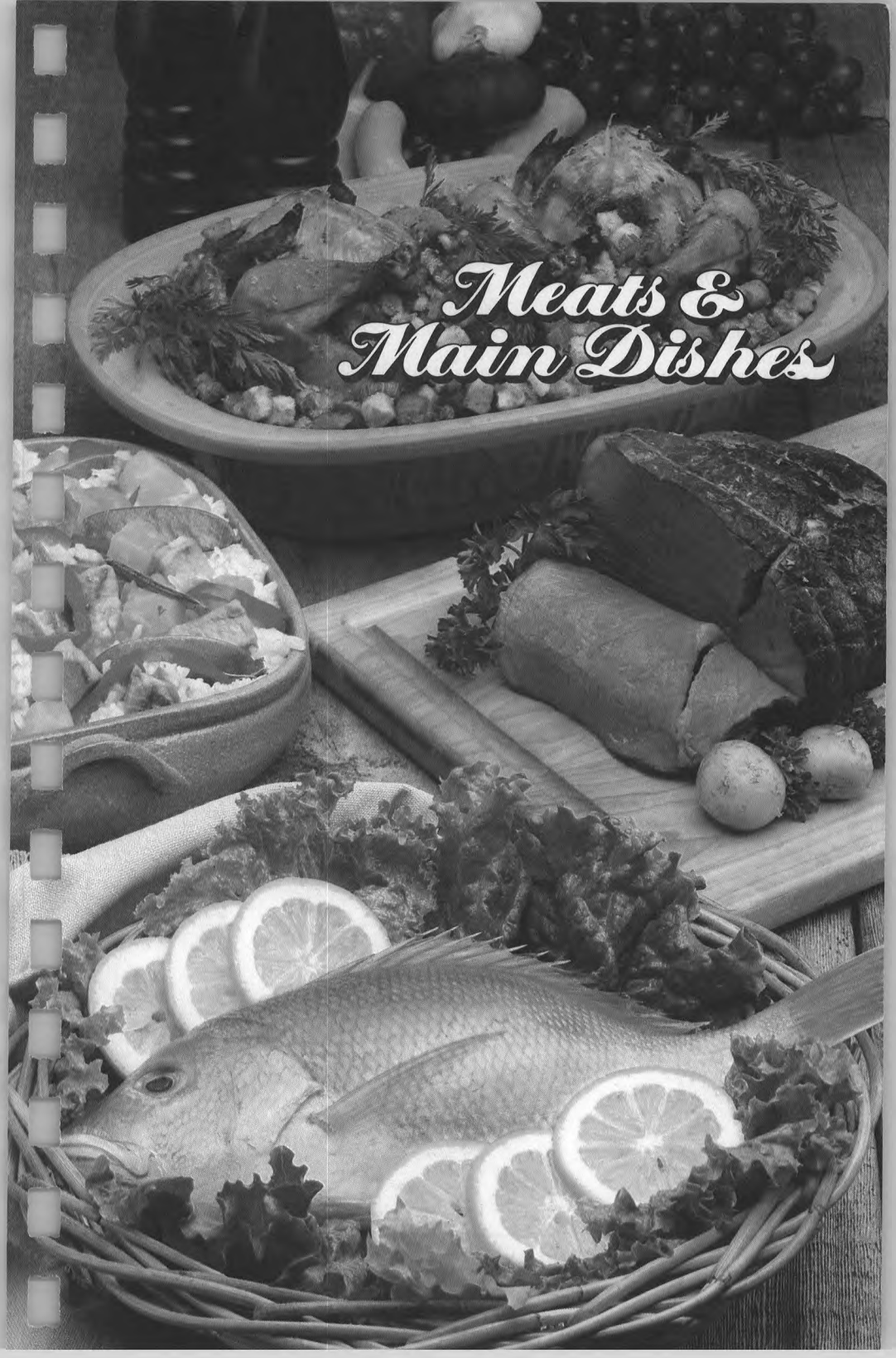
HEARTY TUNA SALAD

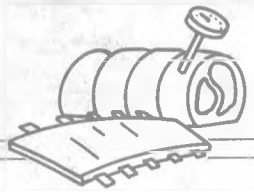
1 (6 1/2 oz.) can tuna
1 c. thinly sliced celery
3/4 c. mayonnaise
1 tsp. curry powder
1 tsp. soy sauce
1 c. chow mein noodles
1 (10 oz.) pkg. frozen peas
1/2 c. chopped green onion
2 Tbsp. lemon juice
1/8 tsp. garlic salt
1/4 c. toasted, slivered almonds

Drain tuna; break into large pieces. Cook peas according to package directions. Cool. Add peas, celery and onion to tuna. Combine mayonnaise, lemon juice, curry powder, garlic salt and soy sauce. Add to tuna mixture. Refrigerate at least 2 hours. At serving time, add noodles and almonds; toss lightly and serve.

Clorene Hancock

<<< Extra Recipes >>>


Meats &
Main Dishes



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30-40	325	175 F
Leg	5 lbs.	25-30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 - 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 - 7 lbs.	25	325	135 F
- medium	3 - 7 lbs.	30	325	165 F
- well done	3 - 7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 - 10 lbs.	40	325	190 F
- boned and rolled	3 - 6 lbs.	40	325	182 F
Leg - medium	5 - 10 lbs.	40	325	175 F
- well done	3 - 6 lbs.	40 - 50	325	182 F
Crown - well done	3 - 6 lbs.	40 - 50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lbs.	30 - 40	325	170 F
	8 lbs.	30 - 40	325	175 F
Boneless butt	2 lbs.	40	325	180 F
	4 lbs.	25	325 F	170 F
Ham	12 - 20 lbs.	16 - 18	325 F	170 F
	Under 10 lbs.	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 - 6 lbs.	35	325 F	175 F
Leg	5 - 10 lbs.	35	325	175 F
Boneless shoulder	4 - 10 lbs.	45	325 F	175 F
POULTRY				
Chicken	3 - 5 lbs.	40	325 F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 - 10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

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MEXITALIAN BEEF DISH

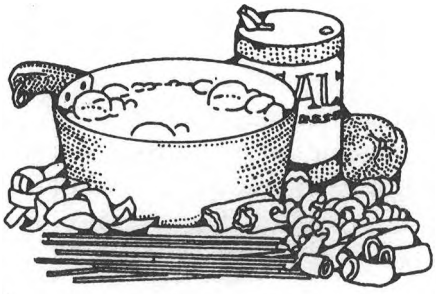
2 lb. top round steak, cut in small strips
2 Tbsp. olive oil
3 cloves garlic, chopped
1 yellow onion, chopped
1 bunch green onions, chopped
salt and pepper to taste
1 Tbsp. Italian seasoning
1 Tbsp. chili powder
1/2 tsp. powdered oregano
2 bay leaves
2 cans Ro-Tel brand diced tomatoes and green chilies
1 large can tomato sauce
2 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
1 carton fresh mushrooms, sliced
2 zucchini squash, sliced
1 yellow squash, sliced
1 c. whole green beans

This recipe was created by Sue Ann, Edna Alltizer's daughter.

Note: Have all vegetables chopped or sliced and all ingredients out for addition to speedily handle cooking of recipe.

Saute steak in olive oil and add cloves, onions, salt and pepper, Italian seasoning, chili powder, oregano and bay leaves as you saute. When all ingredients are added, stir and saute about 2 minutes. Add Ro-Tel tomatoes, tomato sauce, soy sauce and Worcestershire sauce. Stir and add mushrooms, zucchini squash, yellow squash and green beans. Cover and simmer until squash is done. Serve over rice or pasta.

Edna Alltizer



HONEYED CITRUS TURKEY BREAST

1 Tbsp. flour
4 to 8 lb. turkey breast, thawed
1/4 c. sweet orange marmalade or apricot preserves
1/4 c. water
1/2 to 1 tsp. instant chicken bouillon
1 orange, peeled
1/4 c. honey
1/2 tsp. nutmeg
1/4 tsp. salt
2 to 4 Tbsp. flour

Preheat oven to 350°. Shake flour in large size (14 x 20-inches) oven cooking bag; place bag in 12 x 8 x 2-inch baking pan. Cut orange into 4 slices and place in bag. Place turkey breast on orange slices. Combine honey, marmalade, nutmeg and salt; spoon over turkey breast. Close bag with nylon tie; make six 1/2-inch slits in top of bag. Insert meat thermometer through slit in bag into thickest part of turkey breast. Cook 15 to 17 minutes per pound or until meat thermometer registers 180° to 185°.

For gravy, remove turkey from bag. Strain drippings. In saucepan stir water into flour until smooth. (Use 2 tablespoons flour and 1/2 teaspoon bouillon for each cup of turkey drippings.) Add chicken bouillon and turkey drippings. Bring to a boil over medium heat, stirring constantly until thickened. Serves 8 to 10.

Barbara Bowman

CARMEN'S TURKEY SOUP AND DUMPLINGS

1 meaty turkey carcass
1 Tbsp. instant chicken bouillon
1 (16 oz.) can tomatoes, cut up
1 medium turnip, pared and diced
1/2 c. or more chopped onion
1 bay leaf
8 c. water
1 c. sliced celery
1/2 c. sliced carrots
1/4 c. parsley
1 to 2 tsp. salt

Bring turkey carcass and water to boil, then simmer 1 1/2 hours. Remove carcass; cool. Remove meat and add to broth with remaining ingredients. Bring to boil; reduce to simmer for 30 minutes. Remove bay leaf and add drop dumplings to broth; simmer covered for 20 minutes. I use Bisquick dumplings recipe.

Judy Nelson

STROMBOLI

4 loaves frozen white bread dough
2 lb. ham, ground
3 lb. Monterey Jack cheese, grated
4 bunches green onions, chopped
8 oz. fresh mushrooms, sliced and sauteed in butter
mustard
Parmesan cheese
2 egg yolks, beaten
garlic salt

Thaw bread and roll out into a long rectangle. Spread with mustard. Top (down center) with ham, mushrooms, onions and cheese. Add a light sprinkle of Parmesan cheese. Roll up, tucking ends under. Brush with egg yolks and sprinkle top lightly with garlic salt. Bake at 350° for 20 minutes.

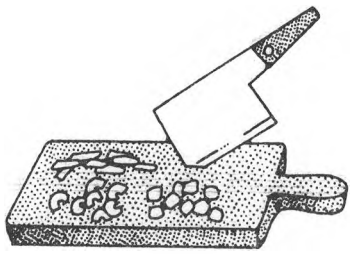
Kelly Brack

MEATZA PIE

1 lb. ground round
1 small can evaporated milk
1/4 c. rolled cracker crumbs
1 small can tomato paste
shredded Cheddar cheese and/or Mozzarella
salt, pepper and garlic powder to taste
oregano
1 small can sliced mushrooms (optional)

Place meat in pie plate. Over it put cracker crumbs, milk, salt and pepper and garlic powder. Stir with a fork until mixed well. Press onto and up sides of plate forming a shell. On top spread tomato paste; do not make real thick. On top of tomato paste put mushrooms, if desired, oregano and shredded cheese. Bake at 375° for 30 to 40 minutes until meat is browned and well cooked. Slice and serve in pie shaped pieces.

Sally Hillis



KJOD KAKER

(Norwegian Meatballs)

1 lb. ground beef
1/2 c. bread crumbs
2 Tbsp. grated onions
1/4 tsp. allspice
1 egg
2/3 c. milk
1 tsp. salt
1/8 tsp. pepper

Mix ingredients together thoroughly. Form into balls about the size of large eggs and brown in hot fat. Add 1/4 cup hot water; cover and allow to simmer until cooked to taste. Meatballs may be removed to make gravy.

Kae Stratmoen

SOUR BALLS

1 lb. ground beef
1 egg, beaten
1/4 c. dry bread crumbs
1/2 tsp. salt
1/4 tsp. ginger
1/4 c. flour
3 Tbsp. salad oil
1 (No. 2) can pineapple chunks
3 Tbsp. brown sugar
3/4 tsp. cornstarch
1/4 c. vinegar
1 Tbsp. soy sauce
2 green peppers, cut in strips

Mix beef with egg, bread crumbs and seasonings; form into 16 balls. Dredge in flour; brown in salad oil in large frying pan. Remove meatballs from pan. Drain pineapple, reserving liquid. Add water to reserved syrup to make 1 cup liquid. Stir into pan drippings. Mix brown sugar with cornstarch, vinegar and soy sauce. Add to syrup mixture. Cook, stirring constantly until sauce is thickened and clear. Arrange meatballs, pineapple chunks and pepper strips in sauce. Stir gently to coat with sauce. Cover and simmer for 10 minutes or until green pepper is tender-crisp. Serve with hot buttered lasagna noodles. Makes 4 servings. We like this best if the sauce is doubled.

Johnna Hopper

ITALIAN HAM AND SPAGHETTI

1/4 c. salad oil
2 Tbsp. minced green pepper
1/4 c. snipped parsley
2 c. diced ham
1 large can tomatoes
1 c. mushroom liquid and water
1/2 lb. spaghetti
1/2 c. grated cheese
2 Tbsp. minced onions
1 minced garlic clove
2 tsp. mixed dried herbs, rosemary, marjoram and thyme
2 tsp. salt, cut down on salt if ham is salty
1/4 tsp. pepper
1 small can mushrooms, drained

Saute onions, green pepper, garlic, parsley and herbs in oil in skillet. Add salt, pepper, tomatoes, mushrooms, liquid and ham. Simmer covered for 20 minutes. Cook spaghetti; drain. Add to ham mixture. Pour in 2 quart casserole. Sprinkle with cheese. Bake covered for 40 minutes.

Jeannine Aust

HAM LOAF

1 1/2 lb. ground cured ham
1/2 lb. ground fresh pork
3/4 c. milk
2 eggs, beaten well
1 c. cracker crumbs
1/4 c. brown sugar
1/4 c. vinegar
1 Tbsp. dry mustard
pepper to taste
no salt

Combine meat, crumbs, milk, eggs and pepper. Mix thoroughly and shape into loaf pan, 9 1/2 x 5 1/2-inches. Mix brown sugar, vinegar and dry mustard and pour over meat. Baste during cooking period. Bake at 350° for 1 hour.

Horseradish Sauce:

1/4 c. horseradish
1 1/2 Tbsp. vinegar
1 Tbsp. mustard
4 drops Worcestershire sauce
dash of paprika
dash of cayenne pepper
1/2 tsp. salt

Combine all with 1/2 cup cream, whipped. Chill sauce while loaf cooks. Serves 4 to 6.

Jeanne Hill

HAM ASPARAGUS BAKE

1 (6 oz.) can evaporated milk
2 c. cooked rice
3 Tbsp. chopped onion
1 can cream of mushroom soup
1/2 c. crushed corn flakes
3 Tbsp. butter
2 c. cubed, cooked ham
1/2 c. shredded processed cheese
1 (10 oz.) pkg. frozen asparagus spears, cooked

Add water to evaporated milk to make 3/4 cup. Combine ham, rice, cheese, soup and onion. Add juice from asparagus spears to ham mixture so it's very moist. Put half of ham in baking dish, then arrange asparagus on top. Add remaining ham mixture. Top with crumbs melted in butter. Bake at 350° for 25 to 30 minutes.

Peggy Aust

THREE CHEESE ENCHILADAS

1 1/2 c. shredded Monterey Jack cheese, divided
1 1/2 c. shredded Cheddar cheese, divided
1 (3 oz.) pkg. cream cheese, softened
1 medium red or green bell pepper, divided
1/2 c. sliced green onions
1 tsp. crushed cumin
shredded lettuce
chopped tomato
sliced black olives
1 c. picante sauce, divided
8 flour tortillas (each 7 to 8 inches)

Combine 1 cup Monterey Jack cheese, 1 cup Cheddar cheese, cream cheese, 1/4 cup picante sauce, red pepper, onions and cumin; mix well. Spoon 1/4 cup cheese mixture down the center of each tortilla. Roll and place seam side down in a 13 x 9-inch baking dish. Spoon remaining picante sauce evenly over enchiladas; cover with remaining cheeses. Bake at 350° for 20 minutes or until hot. Top with lettuce, tomatoes and black olives; serve with additional picante sauce, if desired. Yield: 4 servings.

Lois Petree

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Business before pleasure and neither before God.

CHICKEN AND STUFFING CASSEROLE

4 c. chicken (bite size pieces)
8 oz. pkg. Pepperidge Farm corn bread stuffing mix
1 can cream of chicken soup
1 c. chicken broth
1 can cream of mushroom soup
1 stick margarine, melted

Mix stuffing mix and margarine together. Mix the soups and broth together. In a greased casserole dish, layer 1/2 of the stuffing mixture, chicken and soup mixture. Top with remaining stuffing mixture. Bake in 350° oven for 40 minutes.

Nancy Cothren

CHICKEN BREAST

chicken
small amount oregano or poultry seasoning
Ritz crackers
salt and pepper
1/4 to 1/2 c. Parmesan cheese

Remove skin; roll chicken in melted butter. Then cover with following crumbs: crackers, oregano or poultry seasoning, salt and pepper and Parmesan cheese. Place in buttered casserole. Bake at 350° for about 1 hour, longer, if needed.

Genevieve Meese

CHICKEN TETRAZZINI

1 large chicken, cooked and cut in small pieces
1 lb. thin, short spaghetti, cooked in chicken broth
1 c. chopped celery
1 c. chopped onion
1 c. chopped green pepper
1/2 lb. Cheddar
1/2 lb. Velveeta cheese
1 can cream of celery soup
1 can cream of chicken soup

Cook the following in a little butter until limp: celery, onion and green pepper. Mix chicken, spaghetti, cooked vegetables, Cheddar and Velveeta cheese, celery soup and chicken soup. Bake at 350° in a 13 x 9-inch dish until bubbling good, about 40 minutes.

Jean Ray

CHICKEN SPAGHETTI

3 to 5 c. cooked chicken, chopped
1 lb. box spaghetti
1 lb. mushrooms (canned can be used)
1 pkg. frozen peas
1 large can tomatoes
1/2 c. green pepper, chopped
1/2 c. onion, chopped (can use more, if desired)
2 c. diced celery
salt and pepper to taste

Brown spaghetti and fresh mushrooms in 1/4 pound butter or oleo. Add all other ingredients and chicken broth as needed. Bake 2 hours in 300° oven, covered. Stir several times during baking period; add more broth, if needed.

Helen Jones

CRISPY BAKED CHICKEN

2 1/2 to 3 lb. chicken, cut up and skinned
3/4 c. Miracle Whip salad dressing or 3/4 c. Miracle Whip light
1 c. corn flake crumbs
1/2 c. Kraft grated Parmesan cheese
dash of salt and pepper

Brush chicken with salad dressing; coat with combined remaining ingredients. Place in 13 x 9-inch baking dish. Bake at 350° for 1 hour or until tender. Serves 3 to 4.

Birdie Bowman

EASY BAKED CHICKEN

4 to 6 chicken breasts or dark meat or combination of both
season with salt and pepper
1 (8 oz.) carton sour cream
1 can mushroom soup, undiluted
1/2 c. white wine (optional)
dash of Worcestershire sauce

Season chicken breasts with salt and pepper and place in shallow, oiled baking dish. Combine sour cream, mushroom soup, white wine and Worcestershire sauce. Bake uncovered in 350° oven for 1 to 1 1/2 hours. Sprinkle with paprika before serving.

Myrtle Lowry

BAKED CHICKEN THAT MAKES ITS OWN GRAVY

3 to 3 1/2 lb. frying chicken pieces
2/3 c. undiluted evaporated milk
1 can cream of mushroom or cream of chicken soup
1 c. grated American cheese
2 c. drained whole onions
1/4 c. flour
1/4 c. melted butter
1/2 tsp. salt
1/8 tsp. pepper
dash of paprika
1/4 lb. sliced mushrooms (optional)

Coat chicken with flour. Arrange chicken in single layer with skin down in melted butter in 13 x 9 x 2-inch baking dish. Bake uncovered in 425° oven for 30 minutes. Turn chicken; bake until brown, 15 to 20 minutes longer, until tender. Remove from oven and reduce temperature to 325°. Pour off excess fat. Combine milk, soup, cheese, salt and pepper. Add onions and mushrooms to chicken. Pour milk mixture over chicken. Sprinkle with paprika. Cover dish with foil and return to oven for 15 to 20 minutes. Serves 6.

Lucile English

MARINATED CHICKEN

3 whole skinned and boned chicken breasts
2 Tbsp. lemon juice
3/4 tsp. fine herbs, crushed
1/2 tsp. grated ginger root
dash of pepper
1/4 c. soy sauce
3 Tbsp. dry white wine
2 Tbsp. cooking oil
1 clove garlic, minced
1/4 tsp. onion powder

Pour sauce over cleaned and dried chicken. Grill over medium to high coals.

Freda Benton

SKILLET CHICKEN

4 to 8 oz. skinned chicken breasts
salt and pepper to taste
1 (12 oz.) can cola flavored dietetic soda
1/2 c. catsup

Arrange chicken pieces in a skillet or saucepan. Salt and pepper to taste. Combine soda with catsup and pour over chicken. Bake in 350° oven for 1 hour or until chicken is done. Serves 4.

Lucile English

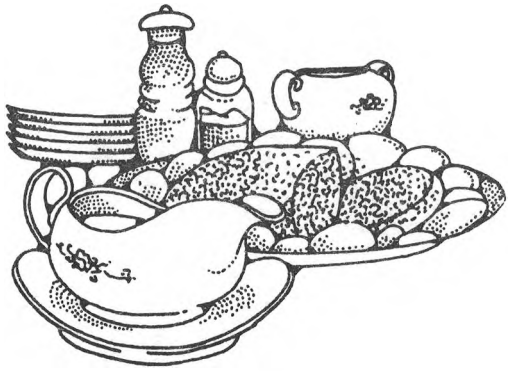
CHICKEN AND NOODLES

chicken leg quarters
chicken bouillon cubes
canned chicken broth
poultry seasoning
sage
pepper
Ramen frozen egg noodles or Kluski German egg noodles (dried; Herb's or Buy For Less)
yellow food coloring

Cook chicken until tender. Remove from broth and set aside to cool. Add to hot broth bouillon cubes, poultry seasoning, canned broth, sage and pepper. Skin and debone chicken. Add to broth. Bring to full boil. Add frozen noodles. Bring back to full boil. Lower heat and cook at low boil 15 to 20 minutes, stirring occasionally. Add yellow food coloring; stir. Continue on medium heat until noodles are tender, stirring occasionally.

Note: Important - Keep noodles frozen or they will get tough.

Sue McWhorter



CHICKEN CREPES WITH SAUCE MORNAY

1 lb. cooked chicken meat
1/2 lb. mushrooms
1 Tbsp. butter
1/2 tsp. lemon juice
pinch of salt

Mince cooked chicken meat. Cook mushrooms in butter, lemon juice and salt. Mince mushrooms.

Filling: Mix together chicken, mushroom mixture and 1 cup medium white sauce.

To Assemble: Place 1 tablespoon filling on each crepe and roll. Arrange in buttered baking dish. Spoon the Sauce Mornay over crepes. Sprinkle with grated Swiss and Parmesan cheese. Dot with butter. Bake in 425° oven and remove from oven when sauce is bubbling.

Sauce Mornay (Medium White Sauce):

2 Tbsp. butter
2 Tbsp. all-purpose flour
1/4 tsp. salt
1 c. milk
salt
dash of white pepper
1 shallot
pinch of parsley, thyme, bay leaf and nutmeg
1 Tbsp. Swiss
1 Tbsp. grated Parmesan cheese

Sauce Mornay: Make 1 cup medium white sauce (butter, all-purpose flour, salt and milk. Melt butter in saucepan over low heat. Blend in flour, salt and white pepper). Saute shallot in butter. Add to sauce. Add parsley, thyme and bay leaf and nutmeg. Cook over low heat 10 minutes. Three minutes before removing from heat, add Swiss and grated Parmesan cheese. If sauce is too thick, thin with chicken broth.

Note: Margarine may be substituted for butter in this recipe.

Karen Ferguson

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All people smile in the same language.

CHICKEN ALMONDZINI

3/4 c. mayonnaise
1/3 c. flour
2 Tbsp. minced onion
10 oz. pkg. frozen chopped broccoli, thawed and drained
1 c. shredded Swiss cheese
7 oz. cooked spaghetti
4 oz. can mushrooms, drained
2 c. chopped chicken, cooked
1 tsp. garlic salt
2 1/4 c. milk
1/3 c. white wine
1/4 c. pimento
1 1/4 c. sliced almonds
grated cheese

In medium saucepan, mix mayonnaise, flour and seasonings. Gradually add milk; cook over low heat, stirring constantly until thickened. Add cheese and wine; stir until cheese melts. In a very large bowl, combine mayonnaise mixture, spaghetti, chicken, broccoli, half the almonds, mushrooms and pimentos; toss lightly but thoroughly. Pour into 9 x 13-inch baking dish. Top with remaining almonds. Bake at 350° for 40 to 45 minutes. Sprinkle grated cheese on top last few minutes of baking.

Magdalene Barnes

MEXICAN CHICKEN

1 large chicken or 4 chicken breasts
1 1/2 c. shredded Cheddar cheese
1 can cream of mushroom soup, undiluted
1 can cream of chicken soup, undiluted
3/4 c. chicken broth
1 medium onion
1 can Ro-Tel tomatoes
1 pkg. taco Doritos

Lightly grease casserole. Place chicken, cut in small pieces, in bottom. On top of chicken, put slice of onion. Top half of chips and cheese. Combine soups and Ro-Tel tomatoes. Pour over Doritos. Put rest of Doritos on top. Bake at 350° for 30 minutes.

Note: I soak Doritos in chicken broth for 5 minutes (not the Doritos that you put on top).

Peggy Aust

AUNT EM'S CHICKEN

1 1/4 c. Uncle Ben's rice
1/2 envelope dry onion soup
2 Tbsp. pimento
1 1/2 c. boiling water
1/4 c. sherry
1 c. mushroom soup

Using chicken thighs or breasts, butter salt and pepper and lay on top of rice. Bake at 375° for 1 hour and 15 minutes, covered. Serves 6.

This recipe is from Don's great-grandmother, Emma Hafley.

Don Kesler

LEMON BASIL CHICKEN

1/2 c. Puritan oil
2 Tbsp. white wine vinegar
1 Tbsp. dried basil leaves
4 boneless, skinned chicken breast halves (about 1 lb.)
1 tsp. grated lemon peel
1/4 c. lemon juice
1/2 tsp. salt
2 cloves garlic, minced
1/4 tsp. pepper

Combine Puritan oil with all ingredients except chicken in shallow glass baking dish. Add chicken, turning once to coat both sides. Refrigerate for 45 minutes or overnight, turning at least once. Place in microwave-safe dish in single layer and cover with plastic wrap. Microwave on High for 2 minutes. Turn dish and microwave on High for 2 more minutes. Let stand covered for 1 minute. Serve with rice.

Ione Roberts

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Silence is one of the great arts of conversation.

CHICKEN KIEV

Step 1 (Herb Butter):

1 c. margarine
2 Tbsp. chopped parsley
1 1/2 tsp. dried tarragon leaves
1 clove garlic, crushed
3/4 tsp. salt
1/8 tsp. pepper

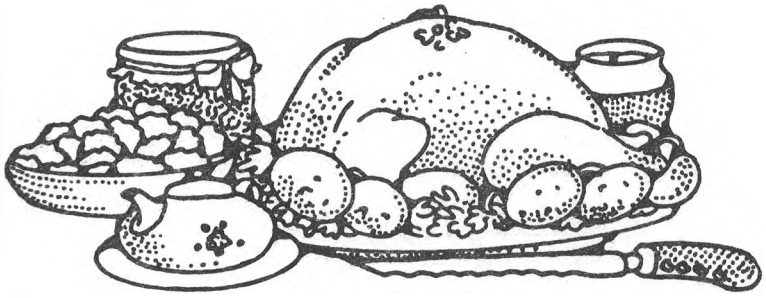
Mix. On foil, shape into a 6-inch square. Freeze until firm.

Step 2:

6 boned whole chicken breasts
3/4 c. flour
3 eggs, well beaten
1 1/2 c. dry bread crumbs (I prefer cracker crumbs)

Remove skin and cut each breast in half. Place on waxed paper and cover with waxed paper and pound chicken to 1/4 inch. Place a pat of herb butter in center. Fold ends over and fasten with toothpick. Roll each chicken piece in flour; dip in beaten egg; roll in crumb coating evenly. Shape each piece with palm of hand. Deep fry in oil 5 minutes on each side.

Peggy Aust



OVEN BARBECUED CHICKEN

2 young fryers, cut in half lengthwise
salt and pepper
3 medium onions

Cut fryers in half lengthwise arranged skin side up in roasting pan. Sprinkle with salt and pepper and pour enough hot water to cover bottom of pan. Slice onions thinly over fryers. Uncover. Place in heated 350° oven for 1/2 hour. Then turn each piece over and put back in oven for another 1/2 hour.

Barbecue Sauce:

1 1/2 c. tomato juice
1/4 tsp. cayenne pepper
2 tsp. salt
1/4 tsp. pepper
1/4 tsp powdered mustard
4 1/2 tsp. Worcestershire sauce
1 bay leaf
1 tsp. sugar
3/4 c. cider vinegar
3 cloves garlic, cut in pieces
3 Tbsp. butter

Put tomato juice in saucepan. Stir in cayenne pepper, salt, pepper, powdered mustard and Worcestershire sauce. Add bay leaf, sugar, cider vinegar, garlic and butter. Simmer 10 minutes. Remove fryers from oven and pour off all but 3/4 cup of liquid in bottom of pan. Then pour barbecue sauce over fryer and bake 1 hour longer. During this time, I baste frequently with sauce in the pan.

Peggy Aust

SOUR CREAM OVEN CHICKEN

1 pt. sour cream
4 Tbsp. lemon juice
4 tsp. Worcestershire sauce
2 tsp. paprika
2 tsp. celery salt
1 tsp. garlic salt
1 tsp. salt
dash of pepper
3 lb. chicken (breasts, legs or thighs)
1 pkg. herb seasoned stuffing, crushed

Mix together sour cream, lemon juice, Worcestershire sauce, paprika, garlic salt, celery salt and salt and pepper. Dip chicken pieces in this mixture; roll in stuffing. Arrange chicken in a shallow greased baking dish. Brush with melted butter and place uncovered in a 350° oven for 1 hour or until chicken is tender and crusty brown.

Clorene Hancock

PATRICK'S PINEAPPLE POULTRY

1 (6 oz.) can frozen pineapple juice concentrate, thawed
1/2 c. bottle chili sauce
1 1/2 tsp. cinnamon
1/2 tsp. chili powder
1/8 tsp. cayenne (optional)
2 Tbsp. finely chopped onion or minced onion
1 to 1 1/2 lb. chicken legs and thighs

Blend frozen pineapple, chili sauce, cinnamon, chili powder, cayenne and onion together. Add chicken legs or thighs. Marinate overnight or 8 hours. Grill on outdoor or gas grill for 20 to 30 minutes.

Patrick Bonwell

HONEYED CHICKEN TERIYAKI

2 lb. chicken breasts, split, skinned and boned
1/2 c. all-purpose flour
oil (for frying)
1/2 tsp. salt
1/8 tsp. pepper
2 eggs, beaten

Glaze:

1/3 c. soy sauce
1 Tbsp. dry sherry
1 Tbsp. sesame seed (optional)
1/3 c. honey
1 clove garlic, minced or pressed

Cut chicken in 2-inch squares. Combine flour, salt and pepper. Dip chicken in eggs, then coat with seasoned flour. Pour 1/2 inch oil in a wide frying pan; place over medium-high heat. When fat is hot, add chicken, half at a time. Cook, turning as needed until chicken is golden brown. Meanwhile, heat soy sauce, honey, sherry, garlic and ginger in a small pan. Lift chicken from oil. Drain briefly; dip in honey mixture, then place on a rack set in a baking pan. When all chicken is cooked and dipped, sprinkle with sesame seed, if used. Bake at 250° for 20 minutes. Brush with glaze after 10 minutes. Serves 4.

Brenda Aust

CHICKEN FAJITAS

3 cloves garlic, minced
1/2 c. tomato juice
1/2 c. soy sauce
1 tsp. black pepper
1 1/2 lb. boned chicken breasts
3 Tbsp. oil
1/2 c. lime juice
1/2 c. brown sugar
flour tortillas

Combine garlic, oil, tomato juice, lime juice, soy sauce, sugar and pepper. Pour over chicken and marinate 2 hours. Drain and reserve extra marinade. Grill chicken and baste with marinade. Slice thinly. Serve warm or cold with grated cheese, lettuce, tomatoes and avocados sprinkled with lime juice and, of course, sour cream and salsa. Enjoy!

Nancy Clayton

SMALL MEAT PIES

1 c. chopped chicken or oysters or pork or sausage
1 lb. ground beef
2 c. chicken or beef stock
salt to taste
1/2 c. flour
2 tsp. red pepper
1 tsp. Kitchen Bouquet
1/2 tsp. garlic powder

Boil together, adding flour as needed and Kitchen Bouquet. Stir the mixture until it is thick.

Meat Pie Pastry:

3 c. flour
1 c. shortening
1/4 c. oil
1/2 c. water
1 tsp. red pepper
2 tsp. salt
1/2 tsp. garlic powder
1/4 stick margarine

Mix shortening, margarine and flour. Add other dry ingredients and mix together by hand. Add water (this is not a dry dough). Leave out overnight but do not refrigerate. Dust board with flour and roll dough out thin with a rolling pin. Cut into circles with a large biscuit cutter. Use 1 teaspoon meat mixture on one half of the circle. Fold the other half over and pinch around the edges with your fingers or a fork. Put the pies in the refrigerator before baking. Bake for about 25 minutes in a 375° oven until light brown. These can be frozen after made and baked at a later date. Makes about 50.

Lucile English

PERFECT BRISKET

3 oz. liquid smoke
beef brisket (desired size)
onion salt
garlic salt
celery salt
pepper and Worcestershire sauce
6 oz. barbecue sauce

The night before cooking, pour liquid smoke over beef brisket. Sprinkle with onion salt, garlic salt and celery salt. Wrap or cover in foil and let stand in refrigerator overnight. Next day, cover with pepper and Worcestershire sauce and place in baking pan and cover with foil. Cook 1 hour per pound at 275°. Remove from oven and pour barbecue sauce over meat. Cook an additional hour at 250°. Woody's cooking sauce is very good for barbecue sauce.

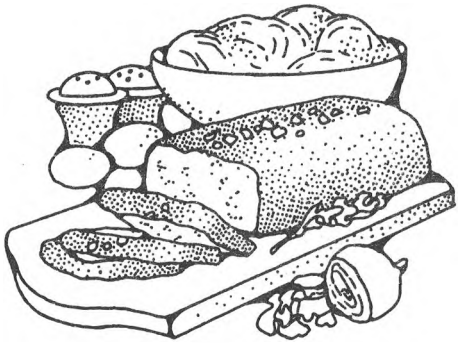
Jeanne Hill

BOB'S BARBECUED BRISKET

8 lb. brisket
seasoned salt
garlic salt
2 Tbsp. Worcestershire sauce
1 bottle liquid smoke
barbecue sauce

Buy about an 8 pound brisket; trim off excess fat. Season with seasoned salt, garlic salt and Worcestershire sauce and liquid smoke. Marinate overnight, turning one time. Cook in oven at 250° for 6 hours. Remove brisket from pan and brush with barbecue sauce. (Cut brisket in half and then cut across grain.)

Bob Easley



STUFFED PEPPERS

4 large green peppers
1/2 large onion, chopped
1 lb. lean hamburger meat
1 1/2 c. cooked instant rice
1/2 c. milk (if rice is used)
Parmesan cheese
1 chopped carrot (optional)
lemon pepper to taste
1 Tbsp. Heinz 57 sauce
garlic salt to taste
1 tsp. No Salt or
1 to 1 1/2 c. cracker crumbs
1 c. milk (if cracker crumbs are used)

Prepare large peppers by cutting off tops and removing seeds. Cook in boiling water until tender. (Water may be added, if desired.) Brown onion in Crisco in skillet. Add hamburger and seasonings. When meat is thoroughly cooked, add rice and milk. (Cracker crumbs may be substituted for the rice at this time.) Cook until thickened. Fill pepper shells which have been drained. Sprinkle with Parmesan cheese. Serves 4.

L. A. Ellis

MOCK PIZZA

2 English muffins, split in 1/2
1/2 lb. lean ground beef (a little more if you like)
4 tsp. onion, minced
1/4 c. tomato puree
2 tsp. oregano
1/2 tsp. garlic powder
salt and pepper to taste
4 thin slices Mozzarella cheese

Brown meat and onion. Drain and stir in tomato puree and seasoning. Toast the English muffins. Pile the meat, onion with tomato puree and seasoning on the muffins. Top each half with a slice of cheese. Slip under the broiler until cheese begins to melt.

Esther Powell

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A wholesome tongue is a tree of life.

POLYNESIAN CHICKEN

6 whole chicken breasts, split
3 (8 oz.) jars sweet and sour sauce or you can use recipe for Sweet and Sour Sauce
3 (1 lb. 1 oz. size) cans Fruits for Salads or Chunky Fruits
6 legs and thighs
1 (6 oz.) bottle soy sauce
1 clove garlic or garlic salt

Preheat oven to 350°. Wash chicken pieces and dry well with paper towels. Arrange chicken, skin side up, in large shallow roasting pan. Drain fruit, reserving syrup. Pour syrup and soy sauce over chicken. Add either garlic salt or crushed garlic. Bake, uncovered, basting often and rearranging chicken so all pieces will brown evenly, one hour or until chicken is a rich golden brown. Pour liquid from chicken into large saucepan. Cover pan of chicken tightly with foil. Add sweet and sour sauce to liquid; bring to boiling over medium heat. Continue boiling until sauce thickens and is reduced to about 3 1/2 cups, about 40 minutes. Pour over chicken. Seal tightly with foil and refrigerate. Refrigerate drained fruit. Both should be refrigerated overnight. Next day, about 1 1/2 hours before serving, preheat oven to 350°. Bake chicken uncovered and basting often about 30 minutes. Add fruit and bake, basting several times, 30 minutes longer or until piping hot. Serves 12.

Sweet and Sour Sauce:

1 (13 1/2 oz.) can frozen pineapple chunks (add chunks to fruit for chicken)
1 tsp. crystallized ginger
1 c. sugar
1/2 c. vinegar
2 Tbsp. cornstarch
2 Tbsp. soy sauce

Drain pineapple; reserve juice. Add water to juice to make 1 cup. In large saucepan, combine juice, sugar, ginger and vinegar. Heat, stirring until sugar is dissolved. Bring to boiling; remove from heat. Add cornstarch and soy sauce which has been mixed with 2 tablespoons cold water. Return to heat and cook 2 minutes. Double this recipe for 12.

Judy Schumpert

EASY OVEN STEW

2 lb. roast
1/2 pkg. Lipton onion soup mix
1/2 c. red wine
2 cans golden mushroom soup

Use a vessel that can be put in the oven. Put in roast which has been cooked and cut into bite sized pieces. Add golden mushroom soup (undiluted; I add only enough water to rinse out the can), Lipton onion soup mix and red wine. Put lid on pot and bake in 300° oven for 1 hour. Reduce heat to 250° and bake 2 more hours. Serve over rice. A green vegetable (broccoli or green peas) and a salad makes a meal. A good way to use leftover roast.

Esther Powell

KOREAN BARBECUE

1 lb. thinly sliced beef

Marinade:

4 Tbsp. soy sauce
2 Tbsp. sugar
4 Tbsp. minced green onion
2 tsp. minced garlic
1 tsp. minced ginger
dash of black pepper
1 Tbsp. toasted sesame seed, ground
2 tsp. sesame oil
1 Tbsp. sake or cooking sherry

Combine all ingredients except meat for marinade. Just before cooking, combine meat and marinade and marinate for not more than 1 hour. Cook beef over grill or pan-fry. Makes 4 servings. (This is so good my family usually stands around the grill and eats the strips as they are cooked, very seldom does the meat make it to the table.)

Johnna Hopper

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The joy of the Lord is your strength.

BEEF STROGANOFF

1 Tbsp. flour
1 to 1 1/4 lb. beef sirloin, cut in 1/4-inch wide strips
1/2 tsp. salt
1/2 c. chopped onion
1 clove garlic, minced

Combine flour and salt. Dredge meat in this. Heat skillet and add butter. Add sirloin strips and brown quickly on all sides. Remove the meat and cook onion and garlic until barely tender. Add mushrooms for a few seconds. Remove meat, onion, mushrooms and garlic to a platter.

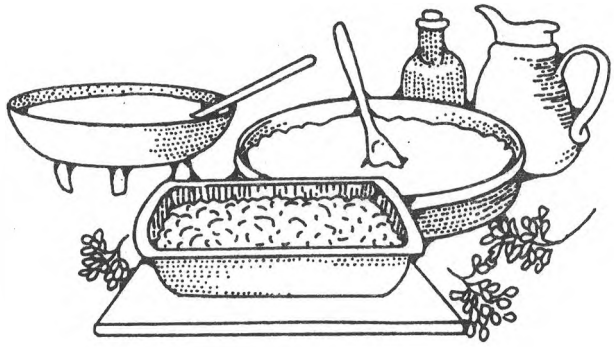
Sauce:

3 Tbsp. butter
1 Tbsp. tomato paste
1 can condensed beef broth
2 Tbsp. flour
1 c. dairy sour cream
2 to 3 Tbsp. cooking sherry

Add 2 tablespoons butter to pan drippings. When melted, blend in flour and add the tomato paste. Pour in the cold beef broth and cook slowly until it thickens. Add some of the mushroom liquid as needed. Return browned meat, onion, mushrooms and garlic to skillet. Stir in sour cream and sherry. Heat to serve. Place over noodles, rice or pilaf.

This can be frozen. I don't add the sour cream until ready to use the stroganoff when planning to freeze it.

Mildred Dosser



DOUBLE PEPPER BEEF

2 medium sized green peppers, thinly sliced
2 medium sized red peppers, thinly sliced
2 Tbsp. olive or vegetable oil
1 c. water
1 tsp. Italian seasoning
1 tsp. salt
1 tsp. pepper
1 1/2 lb. chuck steak fillet

Saute pepper in oil until soft. Remove to platter and keep warm. Cook steak in oil remaining in skillet, turning once, 5 minutes on each side or until steak is as done as you like it. Slice steak and arrange with peppers on hot platter. Stir water, Italian seasoning, salt and pepper into skillet. Cook, stirring constantly, scraping to loosen cooked on juices in skillet. Boil 3 minutes to reduce volume by 1/3. Pour over sliced steak and peppers. Serve on hot rice.

Magdalene Barnes

SMOTHERED STEAK AND ONIONS

1 1/2 lb. tenderized round steak
1 1/2 onions, chopped
flour
skimmed milk or 1/2% milk
no salt
garlic salt
lemon pepper
Crisco

Roll meat in flour seasoned with spices. Brown meat on both sides in Crisco in skillet. Add onions. Cover with lid and cook until thoroughly done. May add skimmed milk to make a sauce for the meat. Serves 5 to 6 people.

L. A. Ellis

MUSHROOM SWISS STEAK

2 lb. chuck or round steak, cut 1-inch thick
Lipton beef flavor mushroom mix

Preheat oven to 375°. Place chuck or round steak on heavy duty foil and sprinkle both sides with mushroom mix. Wrap in foil, sealing edges airtight with double fold. Place in shallow baking pan and roast for 1 hour or until fork-tender. Makes about 4 servings.

Velma Bauman

HEAVENLY STEAK

1 large steak (size of bottom of chicken-fryer)
1/2 c. water
1 c. mushroom soup
1 pkg. dried onion soup
1/2 tsp. Worcestershire sauce

Brown meat slowly in hot grease without flouring it. When meat is well browned, add all ingredients. Cover tightly. Simmer until fork-tender. Serve with meat's self-made gravy.

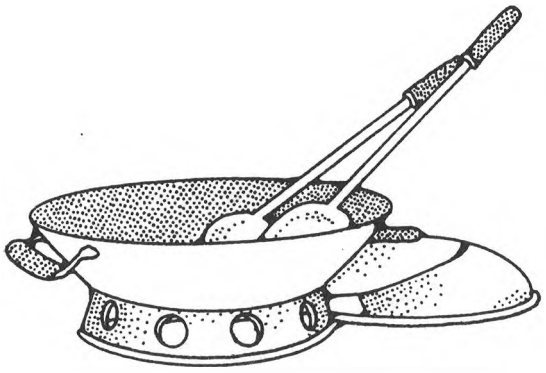
Jeanne McGilliard

TERIYAKI CHUCK ROAST

4 to 5 lb. chuck roast
2 Tbsp. oil
1/4 c. soy sauce
1 Tbsp. brown sugar
1/4 c. canned brown gravy sauce
6 carrots, cut in half
1 small can water chestnuts
salt and pepper
1 medium onion, chopped
1/4 c. sherry wine
1/2 tsp. ginger powder or 2 tsp. fresh ginger root, crushed

Trim fat from meat and season with salt and pepper. Brown meat in oil in a large skillet or Dutch oven. Saute onion while browning meat. Combine soy sauce, sherry, brown sugar, ginger and brown gravy sauce; pour over meat. Cover with tight lid and cook for 2 hours or until tender. During last 45 minutes of cooking, add carrots and water chestnuts.

Pegge Allen



ROAST BEEF AND YORKSHIRE PUDDING

roast beef **flour**

Heat oven to 425°. Sprinkle roast beef with flour and place in pan. If roast is small or lean, add some water to the bottom of the pan to prevent burning. Roast, uncovered, for 20 minutes per pound, plus 20 minutes.

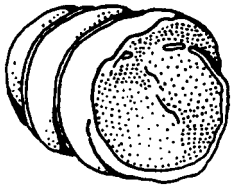
Yorkshire Pudding:

1 c. flour
1/4 tsp. salt
1 egg
1 c. milk
1/2 c. milk

Mix in a bowl flour and salt. Make a well in the center and add egg and 1 cup milk to make a smooth creamy batter. Ten minutes before roast is done, beat thoroughly with a wooden spoon until full of air bubbles, then stir in another 1/2 cup milk.

Finishing Touches: Five minutes before roast is done, place 1/2 teaspoon of oil in 12 muffin pan cups and place muffin pan in oven to heat. Remove roast from oven. Remove muffin pan and pour in Yorkshire Pudding batter filling cups half full. Return muffin pan to oven for 15 to 20 minutes until puddings are golden brown. While Yorkshire Pudding is cooking, finish cooking the vegetables and make gravy from meat drippings. Serve dinner the moment the Yorkshire Puddings are cooked (they are nasty cold!).

Helen Riley



SPICED BEEF ROAST

1 (4 lb.) beef roast
1 (6 oz.) can tomato paste
1/2 c. red wine vinegar
1/4 c. packed brown sugar
3 large cloves garlic, minced
1/4 tsp. black pepper
1 bay leaf
6 medium potatoes, quartered
12 small onions (optional)
3 Tbsp. shortening
3 c. water
2 tsp. salt
1 tsp. ground allspice
1/2 tsp. ground cinnamon
15 whole cloves
12 oz. mushrooms
1/2 c. water
3 Tbsp. flour

In heavy skillet, brown roast on all sides in the shortening. Place in roast pan. In same skillet, put 3 cups water, tomato paste, vinegar, brown sugar, garlic, salt, allspice, cinnamon, pepper, cloves and bay leaf. Bring to a boil and pour over roast. Add potatoes, onions and mushrooms. Place in covered roast pan and bake approximately 3 hours at 325°. When done remove meat from liquid and place on serving dish. Mix 1/2 cup water and 3 tablespoons flour. Blend and add to liquid. Cook and stir over medium heat until mixture boils and slightly thickens. Remove cloves and bay leaf and pour mixture over meat or in separate dish.

Ann Lorah

PORK AND APRICOTS

2 lb. pork cut in small pieces
2 Tbsp. soy sauce
1 lb. can apricots (reserve liquid)
shortening
pepper to taste
cooked rice

Brown pork in shortening. Add soy sauce, pepper and 1/2 cup of apricot liquid. Cover and simmer 40 minutes or until meat is tender. Add apricots and more liquid, if necessary. Simmer 10 minutes. Serve over rice. Serves 4.

Magdalene Barnes

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You've reached middle age when all you exercise is caution.

FANCY PORK CHOPS

6 pork chops
(1 1/2 inches thick)
3 Tbsp. butter
1 tsp. minced onion
1/4 c. finely sliced mushrooms
1/2 c. crumbled Blue cheese
3/4 c. fine dry bread crumbs

Slit pockets in sides of chops. Melt butter in skillet. Add onion and mushrooms. Cook 5 minutes. Remove from heat and stir in cheese and crumbs. Stuff chops. Secure with picks. Place on edge, cut side vertical, in baking dish. Bake at 325° for 1 hour until meat is brown and cooked through.

Kelly Brack

PORK CHOPS WITH APPLE STUFFING

4 rib or loin pork chops
(1 1/4 lb.)
1 qt. soft bread crumbs
1 1/2 c. chopped tart apples
2 Tbsp. sugar
butter or margarine
1/4 c. chopped onion
3/4 tsp. salt
1/4 c. raisins

Brown pork chops. Add enough butter to the chop drippings to make 1/3 cup. Cook the onion in fat until clear. Add onion, seasonings, raisins, apples and 1/4 cup water to the bread crumbs. Place dressing mixture into flat casserole. Cover with the chops. Bake covered in 350° oven about 1 hour. Remove the cover from the casserole for the last 10 minutes of the baking period to finish browning the chops. Makes 4 servings.

Jessie May Hines

EASY BLACK FISH CAJUN

1 pkg. fish fillets, defrosted
1 medium pkg. Ruffle potato chips
Caesar salad dressing
1 c. grated Cheddar cheese

Dip fillets in Caesar dressing. Crush the potato chips and place fish in baking dish. Cover with crushed chips. Sprinkle grated cheese on top. Bake at 350° for 15 minutes or until fish flakes easy.

Jean Ray

GRILLED FISH IN FOIL

lettuce
fish or pieces of fish
3 or 4 slices lemon
sliced onion
salt and pepper to taste

On a sheet of heavy-duty aluminum foil, place leaves of lettuce. Lay on this either a cleaned fish or pieces of fish. Cover with lemon, sliced onion, salt and pepper to taste. Seal foil and place on charcoal (or gas fired) grill. Cooking time varies with heat of coals. After finished cooking, remove from foil and discard all vegetables.

Darold English

ALASKAN HALIBUT

1 c. white wine
1 c. mayonnaise
1/4 c. chopped onion
bread crumbs
1 lb. halibut
1/2 c. sour cream
paprika

Marinate halibut in white wine for 1 hour (the longer the better). Drain fish saving the white wine. Dip both sides of the fish in bread crumbs. Place in baking dish. Mix mayonnaise, sour cream, onion and white wine. Spread over fish. Sprinkle with bread crumbs and paprika. Bake at 450° for 20 minutes. Fish should flake with a fork when done.

Melany Cueva

HALIBUT MARENGO

2 c. canned whole tomatoes, chopped
1/2 orange, sliced
1/4 c. each mushrooms, celery and green pepper
1/4 tsp. each thyme and white pepper
2 Tbsp. chopped onion
1 lb. halibut (this is a nice, firm fish)

Mix all ingredients except fish and bring to a boil in a medium saucepan. Place the fish in a glass baking dish and pour the sauce over. Bake 15 minutes in a 375° oven.

Barbara Jack

MEATBALLS

1 1/2 lb. ground beef
1 egg, slightly beaten
3 Tbsp. water
1/2 c. dry bread crumbs
1/4 tsp. salt
1 Tbsp. chopped parsley
2 Tbsp. butter

To make the meatballs, combine beef, egg, water, bread crumbs, salt and parsley. Mix lightly; shape into 24 balls. In 5 quart Dutch oven, melt butter and brown meatballs, a single layer at a time, on all sides. Drain off fat; remove meatballs and set aside.

Soup:

2 c. water
1 (10 1/2 oz.) can condensed beef broth, undiluted
1 (1 lb. 12 oz.) tomatoes, undrained and chopped
1 (1 3/8 oz.) envelope dry onion soup mix
1 c. sliced carrots
1/4 c. chopped celery tops
1/4 c. chopped parsley
1/4 tsp. black pepper
1/4 tsp. dried oregano leaves
1/4 tsp. dried basil leaves
1 bay leaf

Combine soup ingredients in same Dutch oven. Bring to boiling. Reduce heat; cover and simmer for 20 minutes. Add meatballs; simmer 20 minutes longer. Yield 6 to 8 servings.

Barb Hay

FIESTA MEAT LOAF

1/2 c. chopped onion
1/4 c. chopped green pepper
1 bottle chili sauce (12 oz. Heinz)
1 1/2 lb. lean ground beef
1 egg, slightly beaten
1/8 tsp. pepper
1/2 c. chopped celery
2 Tbsp. butter or margarine
1 c. soft bread crumbs
1/2 tsp. salt

Saute onion, celery and green pepper in butter until vegetables are tender. Stir in chili sauce. Combine 1/2 cup this mixture with ground beef, bread crumbs, egg, salt and pepper. Form into a loaf in shallow baking pan (8 x 4 x 1 1/2-inches) and bake at 350° for 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce cold or heated over meat loaf.

Mona Thomas

SPICY LONGHORN LEAN MEAT LOAF

1 c. crumbled crackers, soften in 1 c. milk
1 1/2 lb. Longhorn lean ground beef
1 egg
1/2 tsp. pepper
1 1/2 tsp. Worcestershire sauce
2 Tbsp. minced onion
3/4 c. ketchup
3 Tbsp. brown sugar
1 Tbsp. prepared mustard
1/4 tsp. crushed red pepper (optional)

Add cracker crumbs to milk and let stand a few minutes. Mix with ground beef: egg, pepper, Worcestershire and onion. Mix in another bowl: ketchup, brown sugar and mustard. Pour 2/3 into meat mixture. Spray baking pan with oil and put meat mixture into pan. Shape into loaf and pour remaining ketchup mixture over it. Bake at 300° for 1 hour and 15 minutes.

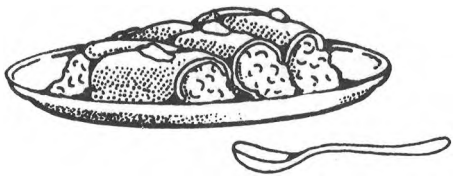
Dalene Dickens

GREEN CHILI SPECIAL

canned green chilies
grated Cheddar cheese
egg

Use canned green chilies. Drain and split. Stuff with grated Cheddar cheese. Place in casserole dish and top with additional cheese and beaten eggs. I use one egg per can of chilies.

Judy Stiles



ITALIAN DELIGHT

2 green peppers
4 onions
4 parsley leaves
2 c. whole kernel corn
1/2 lb. thin uncooked egg noodles
1 tsp. Worcestershire sauce
3/4 tsp. salt
3 c. tomato sauce
1 c. grated cheese
1 lb. ground beef
1 Tbsp. butter
1 c. canned mushrooms

Saute peppers, onions and parsley leaves in butter. When brown, add beef, salt and Worcestershire sauce and cook until meat is brown and crumbly. Add tomato sauce, corn, mushrooms and 1/2 of the grated cheese. Simmer for 10 minutes. Place alternate layers of the noodles and meat mixture in a greased baking dish, being sure the liquid covers the noodles. Sprinkle top with grated cheese. Bake in moderate oven for about 30 minutes or until the noodles are done. Serves 12.

Jessie May Hines

GREEN BEAN AND CORN CASSEROLE

1 (16 oz.) can French-style green beans
1 (16 oz.) can small kernel corn
1 (8 oz.) can sliced water chestnuts
1 medium onion, chopped
1 can cream of celery soup
1/2 c. sour cream
1/2 c. grated Cheddar cheese
salt and freshly ground pepper to taste
1 1/2 c. cracker crumbs (such as Ritz)
1/2 c. sliced, toasted almonds
1/4 c. butter, melted

In a 2 1/2 quart baking dish, combine green beans, corn, water chestnuts and onion. In medium mixing bowl, combine soup, sour cream and cheese. Pour into vegetables and stir to lightly coat. Season with salt and pepper. In small mixing bowl combine cracker crumbs, toasted almonds and butter. Sprinkle over casserole and bake uncovered at 350° for 30 to 35 minutes or until lightly browned on top and bubbling. Serves 6 to 8 people.

Kae Stratmoen

FRENCH-STYLE GREEN BEANS W/WATER CHESTNUTS

5 to 6 (9 oz.) pkg. frozen French-style green beans
3 (5 oz.) cans water chestnuts, drained, sliced and slivered
3/4 c. butter or margarine
1/3 c. chopped onion
3/4 tsp. Accent
3/4 tsp. salt
1/8 tsp. black pepper
6 Tbsp. soy sauce (low salt)
6 Tbsp. bottled lemon juice

Cook beans as directed on package and drain thoroughly. Meanwhile, brown water chestnuts and onion in butter in a skillet. Stir in Accent, salt and pepper. Then add lemon juice and soy sauce. Heat thoroughly. Toss with hot beans and serve immediately.

Note: May substitute 3 pounds fresh beans cut in French-style before cooking.

Barbara Jack

FRANKFURTER DISH

6 frankfurters, cut into 1-inch strips
1 can green beans
1 can cream of mushroom soup
1/2 tsp. Worcestershire sauce
1/4 c. grated sharp cheese
1/2 c. dry bread crumbs
1 tsp. butter flavoring

Mix franks, beans, soup and Worcestershire sauce. Pour into a greased casserole dish. Sprinkle top with cheese, crumbs and butter flavoring. Bake at 375° for 30 minutes. Serve.

Jeanne McGilliard

NOODLES AU TIME

8 oz. medium noodles
2 c. cottage cheese
2 c. sour cream
1/4 c. melted butter
1/4 c. chopped onion
1 minced garlic clove
1 Tbsp. Worcestershire sauce
dash of Tabasco
salt and pepper to taste

Cook medium noodles in boiling water for 10 minutes. Drain and rinse in cold water. In bowl combine cottage cheese, sour cream, butter, onion, clove, Worcestershire sauce, Tabasco and salt and pepper. Stir in noodles; place in buttered baking dish. Cover with lid or foil. Bake 45 minutes in 350° oven. May be prepared a day ahead of time.

Jeanne Hill

OLD-FASHIONED DUMPLINGS

2 c. flour
4 tsp. baking powder
1/2 tsp. salt
2 Tbsp. butter or Crisco

Rub shortening or butter into the flour and salt. Use milk to make a stiff dough (3/4 cup is sufficient). Shape into dumplings by rolling very thin and cut as desired or drop from spoon in broth. If dropped, do not make dough quite so stiff. Cook about 12 to 15 minutes in simmering broth. Do not stir or remove lid from pan until ready to serve.

Mavis Allen

SHIPWRECK

3 potatoes, sliced
1/2 lb. hamburger
2 stalks celery
1 medium onion, chopped
1 can kidney beans, drained
salt and pepper to taste
1/2 can tomato soup

Make alternate layers of potatoes, hamburger, celery, onion, kidney beans, salt and pepper and tomato soup. In a greased casserole, season each layer. Pour soup over top layer (don't stir). Cover with foil. Bake at 350° for 1 hour. Serve.

Jeanne McGilliard

GREAT MEAL BEANS

2 c. red beans
1 tsp. soda
1/2 lb. sausage
1 lb. Longhorn lean ground beef
2 strips bacon, diced and with grease, drained
1/2 c. celery
1/2 c. diced onions
1 can chopped green chiles
1 small picante sauce (1/2 c.)
1 can tomatoes, crushed
1 tsp. salt
1/2 tsp. cumin
1/2 tsp. oregano

Soak red beans overnight with soda and cook about 3 hours. Brown sausage. Combine all ingredients. Cook until seasoned through.

Dalene Dickens

MEXICAN HAMBURGER CASSEROLE

3 lb. hamburger meat
2 small cans green chiles, chopped
1 can mild enchilada sauce
1 large pkg. Doritos
salt, garlic and pepper to taste
1 can water
3/4 lb. grated cheese
2 cans mushroom soup
1 chopped onion

Brown meat, onion and seasonings. Add enchilada sauce. Heat soup, water and green chiles. Grease casserole dish and line with Doritos. Layer meat, cheese and soup. Top with Doritos and cheese. Cover and set aside for a while. Bake covered for 1 hour at 350°.

Joan Dixon

MIXED VEGETABLE CASSEROLE

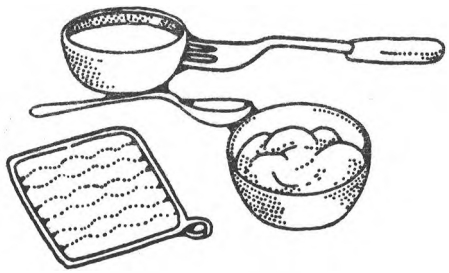
3 pkg. frozen mixed vegetables
1/2 tsp. salt
1/2 tsp. garlic
2 Tbsp. butter

Sauce:

1/2 c. butter
2 c. liquid (3/4 sour cream plus vegetable juice)
1/4 c. grated Parmesan cheese
pinch of nutmeg and thyme
2 Tbsp. sherry

Cook vegetables and drain, saving water. Put vegetables in casserole. Add salt, garlic and butter. Stir in sauce. Cover with buttered bread crumbs (browned). Bake at 350° for 30 minutes. Serves 12 to 16.

Don Kesler



SKILLET MEAL MUSHROOM MEDLEY

1 lb. ground beef
1 medium green pepper (optional)
1 can mushroom soup
1/2 lb. medium noodles
4 Tbsp. fat
2 medium onions
1 (No. 2 1/2 can) tomatoes
1 small can mushrooms
1/4 lb. sharp Cheddar cheese
1 tsp. salt and pepper

Use a large skillet. Place chopped onions, green pepper and fat in skillet and stir until light brown over medium heat. Brush to side of skillet and add ground meat and brown. Add all together. Then add mushrooms, mushroom soup, tomatoes and uncooked noodles. Sprinkle grated cheese over top. Cover and simmer at least 1 hour or place ingredients into casserole and cook at 350° for 45 minutes.

Luella Easley

RICE BROCCOLI CASSEROLE

1/2 c. chopped onions
1 can cream of mushroom soup
2 c. long grain rice, cooked
2 pkg. frozen chopped broccoli, cooked
1 small can sliced mushrooms
1/2 c. celery, chopped
1 can cream of chicken soup
1 small jar Cheez Whiz
1 small can sliced water chestnuts

Saute onions and celery. Cook rice and broccoli separately. Mix together mushrooms and water chestnuts; add soups and Cheez Whiz. Line pan with rice and pour vegetable/soup mixture over rice. Sprinkle with paprika. Bake at 375° for 20 minutes or until bubbly. Serves 12 to 16 people. Can be made ahead of time and frozen.

Shirley Stevenson

CARROT CASSEROLE

5 c. raw carrots, cooked (2 lb. pkg.)
1/2 lb. Velveeta cheese
1 medium onion
1 cube oleo
potato chips

Layer carrots and cheese in baking dish. Saute onion in oleo. Pour over carrots and cheese. Top with crumbled potato chips. Bake for 30 minutes in 250° oven.

Carol Foster

CHICKEN ENCHILADAS

2 (6 1/2 oz.) can chicken
1 (10 oz.) pkg. Longhorn cheese, grated
1 (10 oz.) pkg. medium corn tortillas
1 onion, chopped
1 (4 oz.) can green chilies
8 oz. carton sour cream
2 cans cream of mushroom soup

Mix chicken, onion and 1/2 of the grated cheese. Spread on corn tortillas and roll. Place in casserole dish. Mix soup, sour cream and green chilies. Pour over the rolled tortillas. Grate remaining cheese and sprinkle on top. Bake in 350° preheated oven for 30 minutes.

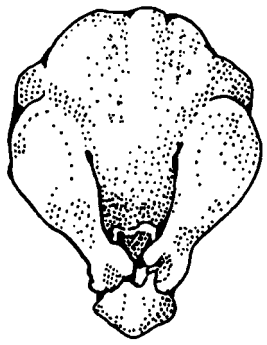
Charles Dickens

CHICKEN AND BROCCOLI CASSEROLE

1 chicken
1/4 c. chopped celery
1 large pkg. frozen broccoli, crumbled up
1 can cream of chicken soup
2 c. Minute rice
1 medium onion, chopped
1 small jar Cheez Whiz

Boil chicken with salt, diced onion and chopped celery. Bone chicken and cube; save broth. Pour 2 or 3 cups of hot broth over 2 cups Minute rice. Let set. Stir occasionally while preparing rest of ingredients. Mix together all ingredients. Place in greased casserole. Bake at 350° for 40 to 45 minutes or until top is browned nicely.

Leola Cousins



KING RANCH CHICKEN CASSEROLE

1 (10 3/4 oz.) can cream of chicken soup
1 (10 3/4 oz.) can cream of mushroom soup
2 c. chicken broth
1 large onion, chopped
2 c. grated Cheddar cheese
1 (10 oz.) can Ro-Tel tomatoes and green chilies, diced
12 tortillas, cut in pieces
1 (3 to 4 lb.) chicken, cooked and cut into bite sized pieces

Combine soups, chicken broth and tomatoes and set aside. Oil a 3 quart casserole. Layer half the tortilla pieces, half the chicken, half the onion and half the cheese in the casserole. Pour half the chicken broth mixture over layers. Repeat layers of tortillas, chicken and onion, then pour remaining broth mixture over top. Top with remaining cheese. Bake at 350° for 45 to 60 minutes. This may be frozen and reheated and will still taste good.

Jo Nan Avery

CHICKEN LIVERS WITH VEGETABLES

1 1/2 c. chicken livers
1/2 c. finely chopped celery
1/4 tsp. powdered ginger
pepper to taste
2 Tbsp. cooking oil
1/2 tsp. salt
8 oz. pkg. mushrooms

Brush electric frypan with cooking oil; add chicken livers. Saute at 325° until well browned. Add celery and mushrooms and drizzle surface with oil. Sprinkle with seasonings and continue frying at 350° until mushrooms are cooked. Serve with hot sauce. Makes 2 servings.

Jane Bone

BAKED CHICKEN AND RICE

1/2 c. butter or margarine
1 tsp. instant onion flakes
1 can mushroom soup or cream of chicken soup
3 chicken breasts, cut in half
1 c. regular rice
1 tsp. salt
1 c. water
pepper to taste

Melt margarine in a 9 x 13-inch baking pan. Stir in rice, onion flakes, salt, soup and water. Place chicken breasts over top of mixture. Sprinkle with pepper. Bake at 350° for 1 to 1 1/4 hours until chicken is brown.

Lucile English

CHICKEN CASSEROLE

2 lb. chicken, cooked and boned
1 lb. Velveeta cheese
1 (10 oz.) pkg. crinkly noodles, cooked
1 can mushroom soup
2 c. broth
2 c. milk
1/2 c. flour
1 small onion, diced

Melt cheese and milk together slowly. Mix in broth, flour, soup, onion and noodles. Add chicken. Bake at 325° for 1 hour.

Carol Foster

CHICKEN, RICE AND VEGGIES

2/3 c. uncooked rice
1 (2.8 oz.) can French fried onion rings
1/2 tsp. Italian seasoning
1 3/4 c. chicken bouillon
4 chicken breast halves
1/3 c. Italian salad dressing
1 (16 oz.) bag frozen broccoli, cauliflower, carrots or your favorite vegetable mixture

Combine rice, 1/2 can onion rings and Italian seasoning in 9 x 13-inch dish. Pour bouillon over rice. Arrange chicken on top. Pour salad dressing over chicken. Cover and bake at 400° for 30 minutes. Place vegetables around chicken, covering rice. Bake, uncovered, 20 to 25 minutes or until cooked. Top chicken with remaining onions; bake uncovered 1 to 3 minutes or until onions are brown.

Kelly Brack

POLLO CON QUESO (CHICKEN CASSEROLE)

4 chicken breasts
1 can cream of chicken soup
1 onion, chopped fine
8 to 10 corn tortillas
1 lb. or more Monterey Jack cheese
1 can mushroom soup
1 c. sour cream
1 small can green chilies, chopped

Cook chicken in salted water 1/2 hour. Remove from bone and cut in bite size pieces. Mix soups and sour cream. Grate cheese. Use 9 x 13-inch pan. Layer soup, tortillas, chilies and chicken. Cover top with cheese. Refrigerate overnight or for a few hours. Cook at 350° for 45 minutes. Serves 8.

Lorene Sullivan

ORIENTAL CHICKEN CASSEROLE

1 c. sliced celery
1/2 c. (1/2-inch) green onion slices
1/3 c. butter
1/4 c. flour
1 tsp. salt
2 c. cubed, cooked chicken
1 (8 oz.) can water chestnuts
1 (6 oz.) can chow mein noodles
2 tsp. soy sauce
1/2 c. shredded American process cheese
2 c. milk
dash of garlic salt

Saute the celery and onion in butter in a saucepan until onion is soft. Blend in the flour, salt and garlic salt. Add the milk and soy sauce and cook, stirring constantly until thickened. Remove from heat. Add the cheese and stir until melted. Stir in chicken. Drain the water chestnuts and slice. Stir into chicken mixture. Place layer of noodles and chicken mixture in a 1 1/2 quart casserole, beginning and ending with noodles. Bake at 375° for 25 to 30 minutes or until hot and bubbly. Serves 6 persons.

Mary Virginia Godlove

CHICKEN POT PIE

(Quick And Easy)

2 Pillsbury pie crusts
2 cans Franco-American chicken gravy
2 cans mixed vegetables
2 cans chicken or turkey

Line casserole with pie crust. Fill with vegetables and chicken. Pour gravy over top. Add top crust and seal edges. Slice top to allow steam out. Bake at 425° for 45 minutes.

Judy Nelson

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We may be taught by every person we meet.

COUNTRYSIDE CHICKEN BAKE

1 c. uncooked rice
3/4 c. chopped onion
1/2 tsp. salt
1 can cream of mushroom soup
1 1/4 c. water
3 chicken breasts, split and skinned
1 c. celery slices
2 tsp. parsley flakes
1/8 tsp. pepper
3/4 c. Miracle Whip salad dressing or Miracle Whip light

Place rice in greased 12 x 8-inch baking dish. Cover with combined vegetables and seasonings. Gradually add water to soup mixture and mix well. Pour half the soup mixture over vegetables. Top with chicken and remaining soup mixture. Bake at 350° for 1 hour or until chicken is tender and rice is cooked. Sprinkle with paprika, if desired. Serves 6.

Birdie Bowman

WATER CHESTNUTS, CHINESE PEAS AND CHICKEN

2 whole chicken breasts, skinned and boned or 1 1/2 lb. thin sliced beef
2 Tbsp. soy sauce
4 tsp. salad oil
2 1/2 tsp. cornstarch
1 (7 oz.) pkg. frozen peas or 1/2 lb. Chinese peas
20 water chestnuts, thinly sliced
1 can sliced mushrooms
1/4 tsp. fresh grated ginger

Cut chicken into bite size pieces (or use beef slices). Mix 1 tablespoon or soy sauce and 1 teaspoon each of oil and cornstarch. Stir into meat. Heat remaining 3 teaspoons oil in frying pan over medium-high heat. Add meat and stir for 3 minutes. Add peas, water chestnuts, mushrooms (including liquid) and ginger. Cover and cool 1 to 2 minutes. Blend remaining 1 tablespoon soy sauce (or more) with 1/2 teaspoon cornstarch. Stir into pan. Stir until slightly thickened. Serve over thin noodles or hot rice.

Pegge Allen

MEXICAN CHICKEN

1 chicken (I use chicken breast, about 3 c.)
1 c. broth
1 medium onion, chopped
1 medium bell pepper, chopped
1 can Ro-Tel tomatoes
1 can cream of chicken soup
1 can cream of mushroom soup
1 large bag Doritos chips
16 oz. Velveeta cheese

Boil chicken; cool and bone. Chop in small pieces. Line 9 x 13-inch pan (that has been sprayed with Pam) with chips, then layer chicken, onion and pepper, cheese and more chips. Repeat layering until all is used. Mix together soups, Ro-Tel tomatoes and broth. Pour over chicken mixture. Top with a few crumbled chips. Bake at 350° for 30 minutes.

Marge Ray

CHILI RELLENO CASSEROLE

6 slices white bread
2 c. shredded Cheddar cheese
2 c. shredded Jack cheese
1/4 tsp. garlic powder
1 (4 oz.) can chopped green chilies
6 eggs
1 1/2 tsp. salt
1/4 tsp. dry mustard
2 c. milk
soft butter or oleo

Trim crusts from bread. Spread with butter and place butter side down in 8 x 11-inch baking dish. Top with cheese and sprinkle chilies. Beat eggs until frothy. Add milk, salt, garlic and mustard. Mix well. Pour over cheeses. Cover and chill 4 hours or overnight. Bake uncovered at 350° for 55 minutes or until brown. Let stand 10 minutes. Serves 6 to 8.

Pegge Allen

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The best remedy for discontent is to count our blessings.

JOHN WAYNE'S CASSEROLE

1 (4 oz.) can chopped green chilies, drained
1 lb. grated Monterey Jack cheese
1 lb. grated Cheddar cheese
4 egg whites and 4 egg yolks
2/3 c. canned evaporated milk, undiluted
1 Tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
2 medium tomatoes, sliced

Preheat oven to 325°. In a large bowl combine grated cheese and chilies. Turn into a well buttered, shallow 2 quart casserole. In a large bowl at high speed, beat egg whites until stiff peaks form. In a small bowl mix egg yolks, milk, flour, salt and pepper. Mix until well blended. Using a rubber spatula, gently fold beaten egg whites into egg yolk mixture. Pour egg mixture over cheese in casserole and using a fork, ooze it through the cheese. Bake 30 minutes. Remove from oven and arrange sliced tomatoes, overlapping around the edge of casserole. Bake 30 minutes longer or until knife comes out clean. Garnish with a sprinkling of chopped green chilies.

Marge Ray

CORN CASSEROLE

16 oz. whole kernel corn and juice
16 oz. cream-style corn
16 oz. container sour cream
1 Tbsp. sugar
2 eggs, beaten
1 stick margarine, melted
1 box Jiffy corn muffin mix
salt and pepper to taste

Combine ingredients and pour into lightly greased casserole. Bake at 350° for 1 hour or until lightly browned on top.

Marcille Covey

CORN AND OYSTER CASSEROLE

2 c. cream-style corn
1 c. coarse bread crumbs
2/3 c. milk
1 c. grated Cheddar cheese
1 c. oysters, chopped
1 egg
1/2 stick butter or oleo

Mix all together and put in casserole dish. Bake in a medium oven until mixture is firm.

Cecile Hammond

CORN CASSEROLE

2 sticks butter
1 large green pepper, chopped
3 to 4 chopped green onions
1 large can whole kernel corn
1 large can creamed corn
1 box Jiffy corn muffin mix
2 beaten eggs
1 carton sour cream (dot on top)
Cheddar cheese (sprinkle on top)
salt and pepper to taste

Microwave butter, green pepper and green onions on High for 6 minutes. Add remaining ingredients. Stir. Spray oblong pan with Pam. Pour mixture into pan. Dot sour cream on top. Sprinkle grated Cheddar cheese on top. Bake at 400° for 30 minutes.

Lucretia Umphers

RITZY CORN CASSEROLE

2 (17 oz.) cans whole kernel corn, drained
1 (16 oz.) can French-cut green beans, drained
1 (10 1/2 oz.) can cream of celery soup
1 c. sour cream
1/2 tsp. salt
1/4 c. onions, chopped
1/4 c. sweet peppers, chopped
1/4 c. celery, chopped
1/2 c. oleo
25 butter flavored crackers, crushed

Mix corn, green beans, celery soup, sour cream, salt, onions, pepper and celery in a microwave-safe 9 x 13-inch dish that has been sprayed with Pam. Melt oleo and mix with cracker crumbs. Sprinkle over vegetables. Place in microwave oven for 9 minutes at Full power turning the dish every 3 minutes. Serves 12.

Lois Petree

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Faith and meekness are a delight to God.

BAKED HAM OMELET

1 lb. Monterey Jack cheese
1/2 c. melted butter or oleo
1 doz. eggs
1 tsp. baking powder
1 pt. small curd cottage cheese
2 c. cooked, diced ham
1/2 c. sifted flour
salt and pepper to taste
5 to 6 drops Tabasco sauce
10 oz. frozen spinach, chopped

Grate cheese and dice ham. Preheat oven to 400° and melt butter in 9 x 13-inch pan. Sift flour and baking powder and beat with eggs. Season lightly with salt and pepper and Tabasco sauce. Stir in cheese, spinach, ham and 1/4 cup melted butter. Coat baking dish with the other 1/4 cup butter. Pour in egg mixture. Bake 15 minutes at 400°. Reduce heat to 350° and bake 30 minutes longer, until golden and puffed.

Hazel Cagle

BREAKFAST EGG AND SAUSAGE BAKE

1 lb. pork sausage, crumbled
3 slices firm white bread, cubed
4 oz. sharp Cheddar cheese, shredded (1 c.)
6 large eggs
1/4 tsp. nutmeg
1/2 tsp. paprika
1/2 tsp. black pepper
3/4 tsp. salt
1 1/2 tsp. dry mustard
2 c. milk

Assemble the night before. Cook sausage in medium size skillet, stirring to break up pieces, until brown; drain well. In large bowl, beat eggs, milk and seasonings until blended. Stir in sausage and remaining ingredients. Transfer to lightly greased 8-inch baking pan. Cover and refrigerate overnight. Remove from refrigerator 1 hour before baking. Bake at 325° for 1 to 1 1/2 hours.

Ann Lorah

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With God all things are possible.

BREAKFAST CASSEROLE

1 lb. sausage, cooked and drained
1 can cream of mushroom soup
Cheddar cheese, grated
1 doz. eggs, scrambled
1/2 soup can milk

Mix soup and milk together. Layer in casserole dish: sausage, eggs, soup mixture and cheese on top. Bake at 350° for 15 to 20 minutes until cheese is melted and bubbly. Serve with picante sauce and hot tortillas.

Janet Burnside

BREAKFAST OR BRUNCH CASSEROLE

2 1/2 c. herb croutons
2 c. sharp Cheddar cheese, grated
3/4 lb. link sausage, fried and cut into bite-size pieces
6 eggs
2 1/4 c. milk
3/4 tsp. dry mustard
1 can mushroom soup with 1/2 c. milk added

Grease large 9 x 13-inch casserole. Put croutons in the bottom. Top with cheese and link sausage. Beat eggs, milk and dry mustard. Pour over croutons, cheese and sausage. Refrigerate overnight. Before ready to bake, pour the soup with the 1/3 cup milk over the top. Bake 1 1/2 hours at 300°. Good served with the fresh tomatoes, melon balls or with an assorted fruit plate. Blueberry muffins added makes a nice brunch menu.

Esther Powell

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Man looks on the outward appearance;
but God looks on the heart.

FANCY EGG SCRAMBLE

1 c. diced ham
1/2 c. sliced mushrooms
12 eggs, beaten
4 Tbsp. margarine, melted
1/8 tsp. paprika
1/2 c. chopped onion
3 Tbsp. butter or oleo
1 recipe Cheese Sauce
2 1/2 c. bread crumbs

Saute ham and onion in margarine until onion is tender, not brown. Add eggs and scramble until just set (soft). Add mushrooms. Turn into 12 x 7 x 2-inch glass pan. Pour cheese sauce over eggs. Combine margarine, bread crumbs and paprika and sprinkle on top. Cover. Chill until 30 minutes before baking. Bake uncovered at 350° for 30 minutes.

Cheese Sauce:

2 Tbsp. margarine
2 Tbsp. flour
2 c. milk
1 c. shredded Cheddar cheese
1/4 tsp. dry mustard
1 tsp. Worcestershire
salt and pepper to taste

Melt margarine, then add flour. Cook until bubbly and slowly add milk, stirring constantly. Add mustard, Worcestershire sauce and salt and pepper. Heat until bubbly, then add 1 cup shredded cheese. Feeds 10 to 12.

Janet Davis

EGG AND SAUSAGE CASSEROLE

1 lb. hot Jimmy Dean sausage
1 lb. medium Jimmy Dean sausage
2 1/2 c. Brownberry onion and garlic croutons
4 eggs
2 1/2 c. milk
3/4 tsp. dry mustard
2 c. grated sharp Old English cheese
2 c. grated Velveeta cheese
1 (10 3/4 oz.) can cream of mushroom soup
1/2 c. milk

Brown and drain sausage. Place in 9 x 13-inch casserole. Pour croutons over sausage. Beat eggs, milk and mustard and pour over croutons. Sprinkle grated cheese over this. Refrigerate overnight covered. Serves 6 to 8.

Note: I use 1 package of sausage and I also use 6 to 8 eggs.

Pegge Allen

LASAGNE

1 small curd cottage cheese
1 small Ricotta cheese
1 large pkg. Swiss cheese
1 large pkg. Mozzarella cheese
1 large pkg. Provolone cheese
grated Romano or Parmesan
1 pkg. lasagne noodles

Cook lasagne noodles per package instructions. Mix cottage cheese and Ricotta cheese. In a 13 x 9 x 2-inch baking pan, start with a layer of sauce, then noodles overlapping to completely cover sauce layer, then a layer of cottage and Ricotta cheese mixture. Then add a layer of Swiss, Mozzarella and Provolone cheeses. Continue to layer until all noodles are used. Top off with sauce and Mozzarella and Swiss cheeses. Sprinkle with grated Romano or Parmesan cheese. Bake about 1 1/2 hours at about 375°.

Note: Make sauce 2 to 3 hours before you build Lasagne. See recipe for Italian Sauce.

Don Kesler

BAKED PINEAPPLE CASSEROLE

1 (15 oz.) can crushed pineapple
1 heaping Tbsp. flour
5 slices bread
3/4 c. sugar
1 well beaten egg
6 Tbsp. butter

Combine pineapple, sugar, flour and egg. Bake for 15 minutes at 325°. Then cube 5 slices of bread. Brown in a skillet with the butter. Top pineapple with bread cubes and bake again for 30 minutes.

Note: If you double the recipe, drain some of the liquid off the second can of pineapple. This is excellent served with ham.

Lorene Teed

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A true friend is forever a friend.

HOT GERMAN POTATO SALAD WITH FRANKFURTERS

6 medium potatoes
6 slices bacon, diced
2 hard-cooked eggs, chopped
5 to 6 frankfurters, skinned and thinly sliced
1/3 c. vinegar
1 1/2 tsp. salt
pepper
onions

Scrub potatoes and boil in jackets until tender. Fry bacon until crisp; remove from skillet and saute onions and frankfurters in fat until delicately browned. Peel and cut potatoes into 1/2-inch cubes. Add potatoes and remaining ingredients to frankfurters. Cook, stirring gently, over low heat until all ingredients are thoroughly heated. Serve on platter garnished with pickles and lettuce. Serves 6.

Jessie May Hines

SCALLOPED POTATOES AND HAM

4 large or 5 medium potatoes
6 or 7 slices cured ham
6 thin onion slices
no salt to taste
skimmed or 1/2% milk
3 Tbsp. flour
1 1/2 Tbsp. margarine
pepper to taste

Grease casserole dish. Slice potatoes and put half on bottom of dish. Add layer of onions. Sprinkle with thin layer of flour and dot with margarine. Season with No Salt and pepper. Place half of ham slices on top. Repeat layers of potatoes, onions and ham. Add remaining flour and oleo. Add enough milk so that it can be seen between layers. Place cover on casserole and bake at 400° for approximately 40 minutes. Serves 4 to 6.

L. A. Ellis

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If we love one another, God dwells in us.

HARVEST POTATOES

32 oz. frozen hash browns, thawed
1 can cream of chicken soup
8 oz. American cheese, shredded
1/2 c. margarine, melted
8 oz. sour cream
1 medium onion, diced
1 1/2 tsp. salt

Topping:

2 c. corn flakes, crushed
1/4 c. margarine, melted

Combine all ingredients in a greased 13 x 9-inch Pyrex baking dish. Top with corn flake mixture. Bake at 350° for 45 minutes.

This recipe is from Debbie Hess, Joan's daughter.

Joan Dixon

PARTY POTATOES

6 large potatoes
1 can cream of chicken soup
3/4 c. chopped green onions
1 1/2 c. grated Cheddar cheese
1/2 c. butter corn flake crumbs
1/2 cube margarine
1/2 soup can milk
1 pt. sour cream

Boil potatoes in jackets. Cool, peel and grate (as for hash browns) or cube. Melt margarine; add soup, water, sour cream, onions and cheese. Fold into potatoes. Place in casserole dish and cover with corn flake crumbs. Bake for 45 minutes at 350°.

Ione Roberts

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Whatever is worth doing at all, is worth doing well.

ESCALLOPED POTATOES WITH PORK CHOPS

(One Meal Dish)

pork chops
garlic
salt and pepper
thinly sliced potatoes
1 onion
1 Tbsp. celery, chopped fine
1 Tbsp. green pepper, cut fine
flour
milk

Place pork chops in bottom of baking pan. Rub each chop lightly with garlic, salt and pepper. Cover with a layer of thinly sliced potatoes. Add onion (cut in circles), celery and green pepper. Sift flour over all and cover with milk. Cook in a moderate oven (325°) for 45 minutes or until chops are tender. Sprinkle cheese over top and broil just before serving.

Jessie May Hines

SWEET POTATO CASSEROLE

1 large can sweet potatoes, drained and mashed
dash of cinnamon
1 1/2 c. sugar
3/4 stick margarine
2 eggs, well beaten
1 c. milk
2 Tbsp. cornstarch

Dissolve cornstarch in a little cold milk. Mix ingredients together and put in greased casserole. Bake 15 to 20 minutes at 400°. Add Topping that follows.

Topping:

1 c. crushed corn flakes
1/2 c. brown sugar
1/2 c. margarine
1 c. coconut
1/2 c. chopped nuts

Mix together on low heat. Spread over sweet potato mixture. Return to oven and bake 15 to 20 minutes longer. Serves 6 to 8 people.

This recipe is from my daughter-in-law, Gloria Ellis.

Mary Belle Ellis

SWEET POTATO CASSEROLE

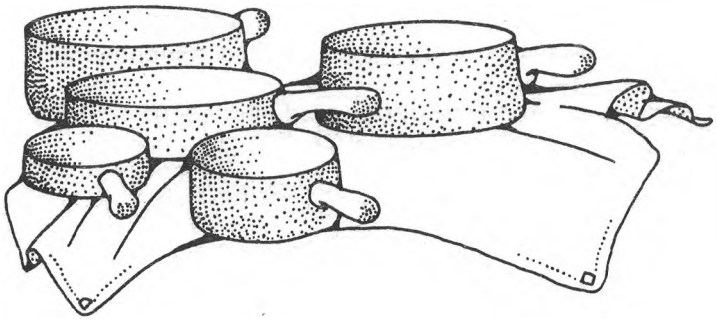
3 c. canned sweet potatoes or
4 large fresh, cooked
1/2 c. sugar
2 eggs, beaten
1/3 c. milk
1/2 c. melted butter or
margarine
1 tsp. vanilla

Topping:

1/2 c. butter or margarine
1/4 to 1/2 c. flour
1 c. brown sugar
1 c. chopped nuts

Boil potatoes if fresh and mash. Mix sugar and vanilla, butter, milk and beaten eggs. Mix topping in saucepan. Melt butter and mix with remaining ingredients. Bring to a boil and pour over potatoes. Bake uncovered 25 minutes at 350°.

Mavis Allen



SWEET POTATO CASSEROLE WITH PRALINE TOPPING

5 large sweet potatoes or yams
1/2 (1/4 lb.) c. butter, softened
1/2 c. sugar
1 c. light brown sugar
1 tsp. vanilla
1/3 c. milk
1/2 c. heavy cream
2 eggs, beaten
1/3 c. melted butter
1 c. chopped pecans

Preheat the oven to 350°. Scrub the sweet potatoes or yams well and place them in the oven. Bake until tender, about 40 minutes and remove. When they are cool enough to handle, halve them and scoop out the insides into a large mixing bowl. Mash well. You should have about 3 cups. (You can also peel and cube the sweet potatoes or yams and cook them in a little water until tender in a covered saucepan. Or you can use leftover sweet potatoes or yams.) Mix softened butter into the mashed yams or sweet potatoes along with the sugar, eggs, vanilla and milk. Pour the mixture into a baking pan or casserole dish. Bring the cream to a simmer in a small saucepan. Add the brown sugar and stir until it dissolves. Cook the mixture over medium heat until it reaches the soft ball stage on a candy thermometer. Remove from the heat and beat in the butter and the chopped pecans. Pour this mixture over the yams. Bake until very hot and beginning to brown. Serves 6 to 8.

Helen Williams

POTATO CASSEROLE

2 lb. bag frozen hash browns, defrosted
1/2 c. butter or margarine
1 can cream of chicken soup
1 pt. sour cream
3/4 lb. grated cheese (more, if desired)
3 Tbsp. minced onion

Combine all ingredients and place in 9 x 13-inch Pyrex baking dish. Bake uncovered for 1 hour at 350°.

Thelma Ball

RICE PILAF

1 1/2 c. Uncle Ben's rice
3 c. boiling broth
3/4 c. finely chopped parsley
3/4 c. finely chopped celery
1/2 scant c. chopped green onion
1/4 c. butter
1/2 tsp. m.s.g.
3/4 c. finely chopped carrot
3/4 c. slivered almonds

Put empty casserole and lid in 375° oven. When broth boils in separate saucepan, put butter to melt in large skillet. When it is sizzling hot, pour rice in, stirring constantly until light brown (3 to 5 minutes). When rice and butter are bubbling hot, pour them into hot dish. Pour broth over all. Cover; return to oven for 30 minutes. Take casserole from oven and stir lightly. Add chopped vegetables and nuts. Cook additional 10 minutes.

Kelly Brack

VEGETABLE RICE CASSEROLE

2/3 c. rice
1/2 c. onion, chopped
1 (16 oz.) can tomatoes, diced
2 (12 oz.) cans Mexicorn, drained
2 slices American cheese
1 tsp. salt
1/4 tsp. Tabasco
1/4 c. oleo
2 Tbsp. flour

Cook rice; set aside. In saucepan, cook onion in oleo until tender, not brown. Blend in flour; stir in undrained tomatoes. Cook and stir until mixture thickens and bubbles. Stir in rice, drained Mexicorn, salt and Tabasco. Turn into 2 quart casserole. Bake at 325° for 30 minutes. Cut cheese into wedges; arrange on top. Bake until cheese is melted.

Kelly Brack

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Health makes you feel now is the best time of the year.

SWISS RICE

8 oz. fresh mushrooms, sliced
1 Tbsp. butter
1/2 tsp. parsley flakes

Rice:

1 c. Uncle Ben's converted rice
2 1/2 c. water
1/2 tsp. salt (optional)

Cheese Sauce:

1 1/2 Tbsp. butter
1 1/2 Tbsp. all-purpose flour
dash of pepper
1 1/8 c. whole milk
3/4 c. shredded Swiss cheese
1/2 c. Gruyere cheese

Prepare rice in a large saucepan. Bring water to boil. Stir in rice and, if desired, salt. Cover tightly and simmer 20 minutes. Remove from heat. Let stand, covered, until all water is absorbed, about 5 minutes. Fluff with fork. Melt butter in saucepan over medium-high heat. Saute mushrooms. Set aside. Prepare Cheese Sauce. In a medium saucepan, melt butter. Stir in flour and pepper. Add milk all at once. Cook and constantly stir over medium heat until thickened and bubbly. Cook and stir 1 minute more. Reduce heat to low. Stir cheeses into cooked sauce until melted. Over low heat, pour Cheese Sauce over rice. Stir in sauteed mushrooms and parsley flakes. Continue stirring until all ingredients are mixed. Serves 6.

Don Kesler

RICE AND GREEN CHILIES

2 c. uncooked Minute rice
1 lb. grated Monterey Jack cheese
2 c. sour cream
2 (4 oz.) cans green chilies, chopped with juice

Mix together. Bake at 350° for 30 minutes, covered. Do not cook rice. Everything should be mixed together raw.

Lucretia Umphers

TACO CASSEROLE

1 can stewed tomatoes
1 tsp. sugar
3/4 tsp. oregano
1/2 tsp. Worcestershire sauce
salt
pepper
onions
1 lb. hamburger
1 tsp. garlic salt
1 (10 oz.) pkg. tortilla chips

Stir together tomatoes, sugar, oregano, Worcestershire sauce, salt, pepper and onions. Set mixture aside. Brown hamburger and stir in garlic salt. Crush tortilla chips. Put browned meat on chips; top with cheese and bake at 350° for 10 minutes. Sprinkle with lettuce and pour on mixture you set aside. Top with sour cream.

Tracy Brooks

TUNA BROCCOLI CASSEROLE

10 oz. pkg. frozen broccoli, cooked
1 can mushroom soup, diluted with 1 c. milk
1 large can tuna, drained
1/2 c. grated cheese
1/2 c. potato chips, crushed or 1/2 c. dry bread crumbs

Pour cooked broccoli into a greased casserole. Pour tuna over broccoli. Pour soup over tuna. Sprinkle grated cheese, crushed potato chips or bread crumbs on top of casserole. Bake at 325° for 15 minutes or until crumbs are brown. Serve.

Jeanne McGilliard

TUNA AND NOODLES AU GRATIN

3 Tbsp. butter
2 Tbsp. flour
1 (4 oz.) can sliced mushrooms
1 (7 1/2 oz.) can tuna
1 (4 oz.) pkg. noodles
1 tsp. salt
1/2 lb. grated cheese
1 1/2 c. milk
1/4 tsp. pepper
1/2 tsp. paprika

Make a white sauce of butter, flour, milk and seasonings; add cheese and stir until smooth. Place mushrooms, flaked tuna and cooked noodles in greased baking dish in order named, with part of the cheese mixture over each layer. Bake in a hot oven at 400° for 20 minutes. Serves 4 to 6.

Jessie May Hines

YELLOW SQUASH CASSEROLE

2 c. squash, cooked
1/2 c. mushroom soup
2 boiled eggs, chopped
1/2 c. cracker or bread crumbs
3 Tbsp. butter or Promise
1 Tbsp. minced onion
1/2 c. milk

Mix well and pour into casserole. Grate cheese over the top. Bake at 350° until brown, about 25 minutes.

Virginia Ellis

SPINACH-HAM ROLLS

2 c. cottage cheese
1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
1 1/2 c. herb seasoned stuffing mix
12 (1/8-inch thick) slices ham (about 1 1/2 lb.)
3/4 c. sour cream
1 egg, beaten
1/2 tsp. dry mustard
1/4 c. minced onion

Combine cottage cheese and sour cream in container of an electric blender; process until smooth. Combine sour cream mixture, spinach, stuffing mix, egg, dry mustard and onion. Mix well. Spoon 1/4 cup mixture on each slice of ham. Roll up and place rolls, seam side down, in a lightly greased 13 x 9 x 2-inch baking dish. Top with Cheese Sauce. Sprinkle with paprika. Bake at 350° for 20 to 25 minutes. Garnish with sliced green onion tops and parsley sprigs. Yield: 12 servings.

Cheese Sauce:

1 Tbsp. cornstarch
2 Tbsp. margarine
1/8 tsp. pepper
1 c. milk
1/4 tsp. salt
1 (4 oz.) c. shredded Cheddar cheese

Combine cornstarch and milk, stirring until smooth. Cook over medium heat, stirring constantly until mixture comes to a boil. Boil 1 minute. Add butter, salt, pepper and cheese, stirring until smooth. Yield: 1 1/4 cups.

Nancy Clayton

CHEESY ZUCCHINI BAKE

1 lb. lean ground chuck
1 lb. fresh zucchini, sliced
1/2 yellow onion, chopped
1/2 tsp. garlic powder
1 can mushroom soup
6 oz. Longhorn cheese

Brown meat with onion and garlic. Drain off excess grease. Cut zucchini in 1/2-inch slices. Cook no more than 4 to 5 minutes in small amount of water. Drain. Grease 1 1/2 quart baking dish. Layer the meat, zucchini, then 1/2 cheese. Repeat. Mix soup with 1/4 cup water. Pour over the top and bake 40 minutes at 350°. Serves 4 to 6.

Pegge Allen

ZUCCHINI-AND-SPAM CASSEROLE

(Microwave)

1 c. instant rice
1 large zucchini, sliced
1 onion, sliced in rings
1 large green pepper, sliced
3 tomatoes, sliced (may use drained canned tomatoes)
1 1/2 c. diced Spam (may use chicken, wieners or beef)
1/2 tsp. pepper
1/2 tsp. salt (optional)
2 Tbsp. brown sugar
2 Tbsp. margarine
Parmesan cheese, grated
2 Tbsp. basil
3/4 c. tomato juice

Put rice on bottom of microwave bowl. Layer slices of zucchini, onion rings, green pepper and tomatoes. Add tomato juice. Add layer of chopped Spam. Repeat layers of zucchini, onion rings, green pepper and tomatoes. Sprinkle over all salt and pepper, basil, brown sugar, melted butter and Parmesan cheese. Cover with plastic wrap, venting on two sides. Microwave at level 10 or High for 10 minutes. Rotate dish one-half turn. Microwave for 8 minutes. Approximate Cooking Time: 18 minutes. Yield: 6 servings.

Recipe given to me by Octavia Bowman.

Mary Belle Ellis

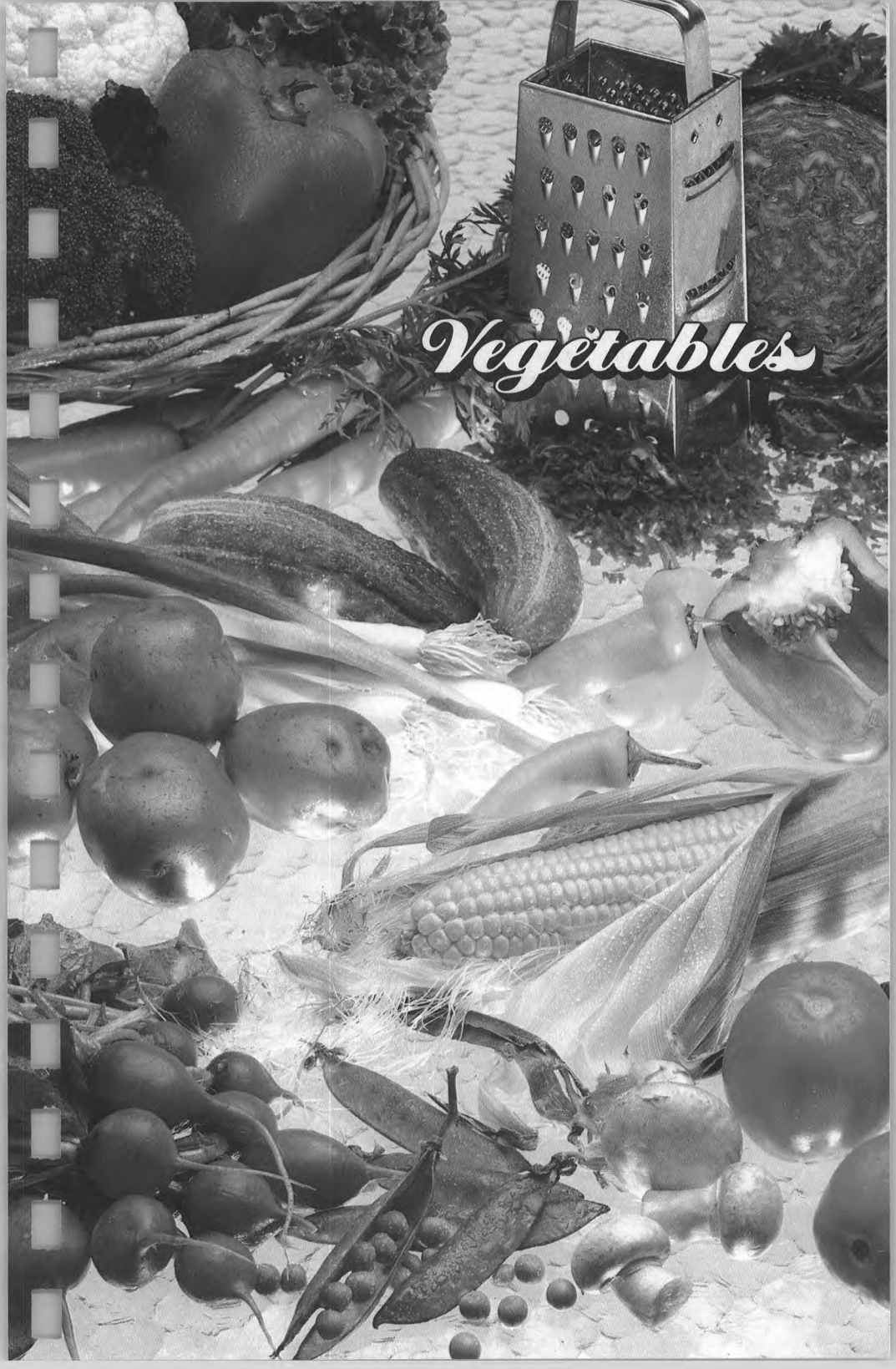
ZUCCHINI CASSEROLE

2 eggs, beaten
1 c. mushroom soup
3 c. grated zucchini
1 c. rice, cooked
1/2 tsp. salt
1/2 lb. American or Cheddar cheese

Mix all ingredients in a large bowl. Bake in a greased casserole dish at 350° for 1 hour. Serve.

Jeanne McGilliard

<<< Extra Recipes >>>


Vegetables

How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

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BAKED BEANS

2 large cans beans
1 green pepper, chopped
1 to 2 Tbsp. Worcestershire sauce
1 c. ketchup
6 strips bacon
1 onion, chopped
1/3 box brown sugar

Saute bacon, onion and green pepper together. Mix remaining ingredients and add to bacon mixture. Bring to a boil and simmer 5 minutes. Pour into baking dish and bake approximately 30 minutes.

Mildred Adair

BAKED BEANS

1 qt. pork and beans
4 slices fried bacon, cut in small pieces and fat
1/2 c. brown sugar
1/4 c. catsup
1 tsp. mustard

Add bacon and fat to beans. Stir in other ingredients. Bake at 350° for 45 minutes or to desired consistency.

Joyce Fulton

BARBECUED GREEN BEANS

2 cans green beans, drained
1 onion, sliced
4 slices thick bacon, cut in pieces
1/3 green pepper, sliced thin
1 c. catsup
1/3 c. brown sugar
dash of salt

Fry bacon, onion and green pepper until bacon is done (not crisp). Add catsup, brown sugar and salt. Simmer and pour over green beans in casserole. Cover and bake at 350° for 1 hour.

Thelma Williamson

CREOLE STRING BEANS

2 (16 oz.) cans cut green beans
1 (16 oz.) can diced tomatoes
3 Tbsp. salad oil
1 onion, sliced
1 tsp. dried mixed herbs
6 strips bacon

Saute bacon (cut up) in salad oil in kettle. Add sliced onion separating rings and continue to saute slightly. Add green beans, tomatoes and herbs. Simmer at least 30 minutes. Serve hot. Yields 6 servings.

Clorene Hancock

CURRIED CAULIFLOWER

2 (10 oz.) pkg. frozen cauliflower
1 (10 3/4 oz.) can cream of chicken soup
1 c. grated Cheddar cheese
2/3 c. mayonnaise
1/2 Tbsp. curry powder

Cook cauliflower until tender in a large saucepan. Blend remaining ingredients together and mix with cauliflower. Press in 8 x 12-inch glass baking dish. Bake at 325° oven until hot and bubbling. Serves 6 to 8.

Alma Little

GLAZED DILL WEED CARROTS

6 large carrots, sliced
1/4 c. sugar
2 Tbsp. margarine
1/2 tsp. dill weed

Boil carrots until tender in small amount of water. Add sugar, margarine and dill weed. Continue cooking until liquid is gone.

Ione Roberts

* * * * *

He enjoys much who is thankful for little.

BAKED CABBAGE

1 large head cabbage
1 can cream of chicken soup
Cheez Whiz

Cut cabbage into 6 wedges. Cook until tender in water. Drain well. Place in a casserole. Top with mixture of chicken soup and Cheez Whiz (half regular and half with jalapeno). Bake uncovered for 40 minutes at 350°. Serves 4 to 6.

Pegge Allen

CHEESE PUDDING

12 slices stale white bread
4 Tbsp. butter
1 tsp. Worcestershire sauce
2 c. (1/2 lb.) grated Cheddar cheese
1 1/2 c. milk
1 tsp. salt
1/2 tsp. mustard
1/2 tsp. paprika
2 eggs, slightly beaten

Cut crusts from bread; butter bread. Use 8 slices, butter side down, to line bottom of 1 1/2 quart baking dish. Cut the pieces to fit. Mix salt, mustard, paprika, eggs, milk, Worcestershire sauce and cheese. Stir until well mixed. Pour half of cheese mixture over bread in dish. Cut remaining 4 slices into narrow strips. Lay on cheese in dish; add remaining cheese mixture. Bake at 350° for 35 minutes. Serves 6.

Note: Do not double this recipe. If more is needed, make twice.

Jean Ray

SO GOOD CORN

30 oz. frozen corn
1 stick butter or margarine
1 (8 oz.) pkg. cream cheese
1/4 c. sugar

Toss into a stewer and heat just until cheese and margarine are completely melted. Ready to serve!

Ella Mackey

CORN AND CABBAGE DIJON

1 carrot, thinly sliced
1 (17 oz.) can whole kernel corn, drained
2 tsp. Dijon mustard
2 tsp. sweet butter
2 c. chopped cabbage
1/4 c. sliced green onions
1/4 tsp. dill weed

In skillet, cook carrot in butter, 3 minutes or until tender. Stir in cabbage; cook 2 minutes. Stir in corn, green onions, mustard and dill weed; heat through. Makes 6 servings.

Bertha Bevans

BAKED CORN

1 can cream-style corn
1 egg, beaten
3 Tbsp. butter, melted
dash of salt and pepper
1/4 c. milk
2 Tbsp. flour
2 Tbsp. sugar

Combine all ingredients in mixing bowl, blending well. Pour into a greased baking dish. Bake in a 350° oven for 1 hour or until golden brown. Cover the first half of baking time and uncover the last half to brown well.

Sarah Reed

PASTEL DE ELOTE (CORN PIE)

1 c. butter, softened
1 (4 oz.) can green chilies, drained and chopped
1/2 c. Monterey Jack cheese, shredded
1/2 c. Cheddar cheese, shredded
1/2 c. sugar
4 eggs
1 can cream-style corn
1 c. all-purpose flour
1 c. yellow cornmeal
4 tsp. baking powder
1/4 tsp. salt

Preheat oven to 350°. Cream butter and sugar. Add eggs, chilies, corn and cheese. Mix well. Combine flour, cornmeal, baking powder and salt; add to corn mixture. Pour into greased and floured baking dish (9 x 12-inch). Place dish in oven and reduce heat to 300°. Bake for 1 hour.

Comments: Corn pie may be served as you would corn bread. It is wonderful when cold to slice, butter and run under the broiler to eat with a bowl of soup.

Mikel Hill

HOMINY

2 cans hominy
1/2 stick butter
1 small can chopped green chilies
1 small carton sour cream

Simmer hominy and butter until juice is gone. Add green chilies and sour cream. Put all in baking dish and top with grated cheese. Bake at 325° until cheese melts.

Merrole Dickens

STUFFED MUSHROOMS

12 to 16 large mushrooms
1 (8 oz.) pkg. cream cheese
1/4 c. minced onion
10 slices bacon

Wash and dry mushrooms; remove stems. Chop stems and set aside. Cook bacon until crisp. Break into small pieces. Mix cream cheese, mushroom stems, bacon and onion. Fill mushrooms. Place stuffed mushrooms in a microwave-proof baking dish, stuffing side up. Cover and cook on High for approximately 4 to 6 minutes.

Melany Cueva

STUFFED MUSHROOMS

12 large mushrooms, rinsed and drained
nutmeg
12 mushroom stems, finely chopped
1 Tbsp. green onion, chopped
5 slices bacon, fried crisply and crumbled
butter or margarine
salt
pepper
1 egg, beaten
1 Tbsp. lemon juice
parsley, finely chopped
fine bread crumbs

Place mushroom caps in a shallow baking dish; dot each with butter and sprinkle with seasoning. Bake at 400° for 10 minutes. Saute mushroom stems and green onion in a little butter. Add egg beaten with lemon juice, parsley, salt and pepper to taste. Add bacon and enough bread crumbs to hold filling together. Fill mushroom caps; top each with additional crumbs and dot with butter. Broil 5 minutes. Serve immediately.

Karen Ferguson

ROASTED POTATOES

6 baking potatoes (about 4 inches long and 2 inches wide)
1 Tbsp. soft butter
3 Tbsp. melted butter
1 Tbsp. salt
2 Tbsp. dry bread crumbs
2 Tbsp. grated Parmesan cheese

Peel potatoes and put in cold water. Place potatoes on a wooden spoon. Beginning 1/2 inch from end, slice down at 1/8-inch intervals. Don't slice completely through. Put back in cold water. When ready to roast, drain and pat dry. Butter baking dish well and put potatoes in, cut side up. Baste with 1 1/2 tablespoons melted butter. Sprinkle liberally with salt. After 20 minutes in 425° oven, sprinkle a few bread crumbs over each and baste with remaining melted butter. Continue to bake 15 minutes or until golden brown. Sprinkle cheese on 5 minutes before done.

Hazel Cagle

TOASTED BAKED POTATOES

6 small Irish potatoes
1/3 c. melted butter
cracker crumbs
1 egg
salt to taste
pepper to taste

Pare uniform size potatoes. Dry and roll in melted butter. Roll in cracker crumbs and dip in slightly beaten egg. Roll in cracker crumbs again. Place in greased baking dish salt and pepper and pour remaining butter over the top. Bake in moderate oven until tender.

Jessie May Hines

JALAPENO POTATOES

4 medium red potatoes
1 small bell pepper, slivered
1 small jar pimento, chopped
1/2 stick (1/4 c.) margarine
1/2 roll garlic cheese*
1/2 roll jalapeno cheese*
1 Tbsp. flour (may be 2)
1 c. milk
salt and pepper to taste

Boil potatoes in jackets until tender but not falling apart. When cooled enough to handle, peel, slice and layer in buttered casserole with slivered pepper and pimento. Salt and pepper each layer. Do this in about 3 layers.

Sauce: Melt butter in saucepan; add flour. Stir until blended; add milk, then cheese that has been cubed. Stir until cheese melts. When it has come to a boil, pour over potatoes. Bake covered at 350° for about 45 minutes to 1 hour. Uncover the last 20 minutes.

*These rolls of cheese are hard to find now. I use about 1/2 pound of hot Mexican Velveeta and add some garlic powder in lieu of the rolls of cheese.

Ruth Coody

LA NELL'S LARAPIN' GOOD POTATOES

2 lb. frozen hash browns
1/2 c. melted margarine
1 can cream of chicken soup
2 c. grated Cheddar cheese
2 Tbsp. onion
1 pt. sour cream
1 tsp. salt
1/2 tsp. pepper
2 c. cornflakes or fine bread crumbs
1/4 c. melted margarine

Thaw potatoes, then mix the first 8 ingredients. Put in a buttered casserole. Sprinkle on top of casserole a mixture of cornflakes or fine bread crumbs and melted margarine. Bake at 350° for 45 minutes to 1 hour.

Paula Buehne

* * * * *

God is only a prayer away.

SWEET POTATO CRUNCH

3 c. sweet potatoes (two 15 1/2 oz. cans)
1/2 c. sugar
1/2 tsp. salt
2 eggs, beaten
4 Tbsp. melted butter
1/2 c. milk
1/2 tsp. vanilla

Topping:

1/2 c. brown sugar
1/3 c. flour
1 c. chopped pecans
1/3 c. melted butter

Mash sweet potatoes with sugar, salt, eggs, butter, milk and vanilla. Mix all until light and fluffy. Spread in 9-inch square dish. Spread over with topping.

Topping: Mix brown sugar, flour, pecans and butter. Bake for 35 minutes at 350°. This can be prepared and frozen, unbaked, then thawed and baked as directed. For a 9 x 13-inch casserole, make 1 1/2 recipes. This is great with ham or turkey.

Bill Hester

RICE DRESSING OR DIRTY RICE

2 lb. lean ground beef
1 c. chopped white onion
1 c. chopped celery
1 c. sweet green peppers
1 c. short grain rice
dry mustard, salt, pepper and cayenne pepper to taste

Saute ground meat in large heavy saucepan (black, cast-iron, preferably) until brown. Add 1/2 chopped ingredients and seasoning. Continue to cook over low fire for about 1 hour, keeping moist by adding small amount of water as needed. Cook 1 cup rice and 2 cups water. After meat mixture has simmered 1 hour, add remaining chopped ingredients and continue to cook about 45 minutes, adding small amounts of water as needed. When ready to serve, combine rice with meat mixture and serve at once.

Lucile English

BROWN RICE AND MUSHROOMS

1 1/3 c. Minute rice
1 can French onion soup
1 jar mushrooms, drained
3/4 stick butter
1 can water

Brown rice in butter and add other ingredients. Cook covered on low heat for 15 minutes.

Ida Cothren

EASY INFALLIBLE RICE

1 medium onion
1 c. long grain white rice
1 can or frozen green peas (optional)
sliced mushrooms (optional)
2 Tbsp. butter or oleo
2 c. hot chicken broth

Saute onion in butter until transparent. Combine onion and rice to boiling chicken broth. Cover and simmer for 20 to 25 minutes. The green peas can be added, if desired, as can the mushrooms.

Judy Nelson

FRIED RICE

3/4 c. salad oil (this is a matter of taste; I use a little over 1/4 c.)
3/4 c. chopped green onions (only tops)
3 c. cooked rice
salt
pepper
6 eggs
1/3 to 1/2 c. soy sauce

Heat oil and scramble eggs. Add rice and separate grains. Add green onions and soy sauce, salt and pepper. Mix well and keep warm over low heat.

Judy Schumpert

* * * * *

God will supply, but we must apply.

SPINACH ELEGANTE

2 (10 oz.) pkg. frozen chopped spinach
3 slices bacon, cooked and crumbled
1 c. dairy sour cream
1 (6 oz.) can drained, sliced mushrooms
1/4 tsp. dried marjoram, crushed
1/2 c. sharp cheese, shredded

Cook spinach to package directions. Drain well; spread on bottom of 10 x 6 x 1 1/2-inch baking dish. Arrange bacon and mushrooms over spinach. Sprinkle with pepper and marjoram. Bake at 325° for 15 minutes. Cover with sour cream and cheese. Return to oven for 5 minutes or until cheese melts. Serves 6.

Lucretia Umphers

GREEK CHEESE AND SPINACH SQUARES

2 or 3 eggs
6 Tbsp. whole wheat flour
1 lb. spinach (fresh or frozen), cooked and drained
1 lb. (2 c.) cottage cheese
1/2 lb. (2 c.) grated Cheddar cheese
1/2 tsp. salt

Topping:

3 Tbsp. wheat germ (optional, but nice)

Beat together eggs and wheat flour in large bowl until smooth. Add spinach, cottage cheese, Cheddar cheese and salt. Pour into well-greased baking pan (approximately 8 x 12-inches) and sprinkle with the wheat germ. Bake uncovered at 350° for about 45 minutes. Cut into squares for serving.

Verga Lee Patterson

* * * * *

God listens to our hearts rather than our lips.

GINGERED ACORN SQUASH

2 small acorn squash
4 Tbsp. fresh orange juice
ground ginger and nutmeg

Preheat oven to 375°. Halve the squash from stem end to bottom. Remove seeds and discard. Slice a thin piece off the bottoms so that squash will stand straight. Arrange the 4 halves in a shallow baking pan just to fit. Place 1 tablespoon orange juice in each cavity. Sprinkle lightly with ginger and nutmeg. Cover the dish well with aluminum foil; bake for 1 to 1 1/2 hours or until tender. Remove from oven; discard foil. Let rest for 5 minutes before serving, so juice can penetrate squash. Serves 4.

Barb Hay

SCALLOPED TOMATOES

3 1/2 c. canned Italian tomatoes or peeled, diced fresh tomatoes
1 c. diced celery
1/2 c. finely chopped onion
2 Tbsp. flour
1 tsp. salt
dash of nutmeg
3 Tbsp. butter
1 Tbsp. brown sugar
1/4 tsp. pepper
3 slices buttered toast (1 3/4 c.)

Cook celery and onion in butter in a saucepan until just tender and blend in flour. Cut toast into cubes. Mix tomatoes, half of the toast cubes, sugar, seasonings and onion mixture and place in a 1 1/2 quart casserole. Bake at 350° (325° in glass) for 30 minutes. Top with remaining toast cubes and bake for 10 minutes longer. Serves 6 to 8 persons.

Mary Virginia Godlove

STUFFED TOMATOES

4 large firm tomatoes, cut off top, scoop out pulp and seeds (save 1/4 c. chopped pulp)
1 c. seasoned bread crumbs
2 Tbsp. melted butter
1 Tbsp. finely chopped onion
1/4 c. chopped tomato pulp
3/4 c. shredded Cheddar cheese or a mixture of Cheddar and Mozzarella

Fill tomatoes. Bake in baking dish at 325° for 20 minutes or until bubbly on top.

Marlene Bonwell

VEGETABLE MEDLEY

6 carrots, sliced
1 green pepper, sliced in rings
1 red onion, sliced in rings
2 c. sliced celery
1 can whole kernel corn, drain
1 can water chestnuts, sliced

Cook carrots until fork-tender (about 10 minutes in boiling water). Cool under cold water and drain. Mix all vegetables and add Dressing.

Dressing:

1/2 c. oil
1/2 c. white vinegar
1/2 c. sugar
1 tsp. salt

Marinate overnight.

Hazel Cagle

SWISS VEGETABLE MEDLEY

1 bag frozen vegetables (broccoli, carrots, cauliflower combination), thawed and drained
1 can cream of mushroom soup
1 c. shredded Swiss cheese
1/3 c. sour cream
1/4 tsp. black pepper
1 (4 oz.) jar pimento
1 medium can French fried onions

Combine vegetables, soup, 1/2 cup cheese, sour cream, pepper, pimento and 1/2 can of onions. Pour into 1 1/2 quart casserole and bake covered at 350° for 30 minutes. Top with remaining cheese and onions and bake uncovered 5 minutes longer.

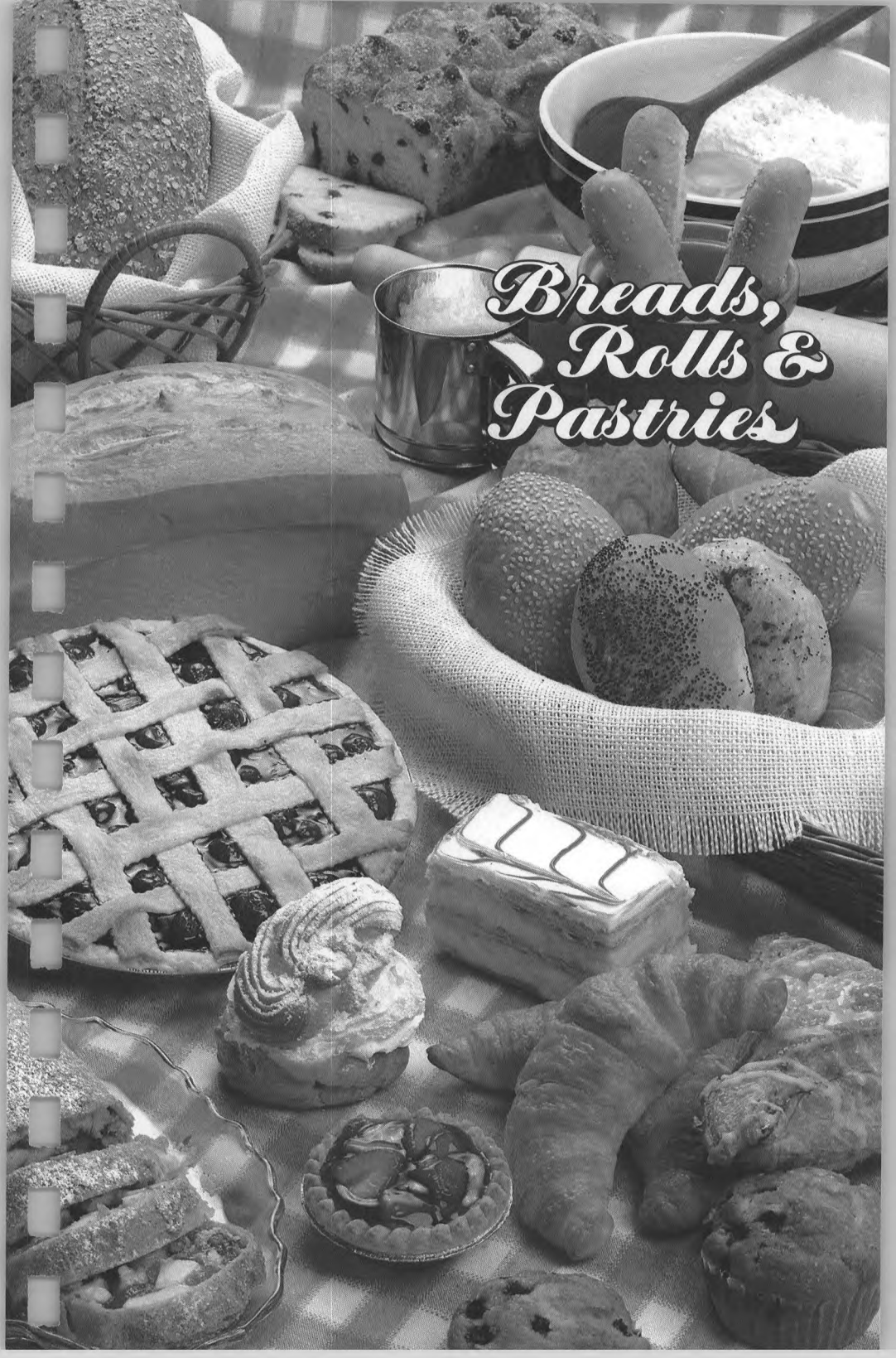
Cecile Hammond

VEGETABLES

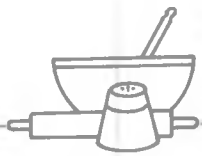
1 pkg. frozen baby limas
1 pkg. green beans
1 pkg. green peas
1 green pepper, chopped
1 pt. whipped cream
1 small jar mayonnaise
Parmesan cheese

Cook limas, green beans and green peas and drain. Layer these vegetables. Add green pepper on top, whipped cream on top and mayonnaise on top and sprinkle Parmesan cheese on top. Bake at 375° until golden brown.

Lucretia Umphers


Breads,
Rolls &
Pastries

Baking Tips



COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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BROCCOLI CORNBREAD

2 pkg. Jiffy cornbread mix
10 oz. pkg. chopped broccoli, thawed
4 eggs
1 c. chopped onion
1 c. cottage cheese
2 sticks oleo

Mix together and pour into 9 x 13-inch pan. Bake at 350° for about 45 minutes.

Lucretia Umphers

BLUEBERRY MUFFINS

1 3/4 c. sifted flour
2 1/2 tsp. baking powder
3/4 c. milk
1/3 c. oil
1 c. fresh blueberries
1/4 c. sugar
3/4 tsp. salt
1 egg, well beaten
2 Tbsp. sugar
1 tsp. grated lemon rind

Sift together dry ingredients in mixing bowl. Combine milk, egg and oil and add to dry ingredients all at once. Stir just until dry ingredients are moistened. Toss together blueberries and 2 tablespoons sugar. Fold into batter along with lemon rind. Bake in well-greased muffin tins for about 25 minutes at 400°. Serve warm with butter.

Ida Cothren

CINNAMON-PECAN MUFFINS

4 1/2 c. flour
1/4 c. whole wheat flour
4 1/2 tsp. baking powder
1 tsp. salt
3/4 c. pecans
1/2 c. sugar
3/4 c. black molasses
8 Tbsp. butter or oleo
3 eggs
1 Tbsp. vanilla
2 c. warm water
1/2 c. cinnamon/sugar mix

Preheat oven to 375°. Grease 12 cup muffin tin or cookie sheet. Sift flour, baking powder, sugar and salt together. Beat egg, molasses and butter together. Add dry ingredients, water and pecans. Stir just enough to mix well. Spoon onto cookie sheet or into muffin tin. Sprinkle surface with cinnamon-sugar mixture. Bake 12 to 15 minutes. If desired, brush surface with melted butter while still warm.

Suzanne Gore

OATMEAL MUFFINS

1 c. rolled oats
1 c. buttermilk
1 c. whole wheat flour
1/3 c. vegetable oil
1 egg, beaten
1/2 c. honey
1 tsp. baking powder
1/2 tsp. baking soda

Measure oats and buttermilk in a bowl and let stand for 1 hour. Add egg and honey. Stir in flour, baking powder and soda, enough to combine ingredients. Stir in oil. Bake in muffin cups at 400° for 20 minutes. May add 1 cup blueberries.

Melany Cueva

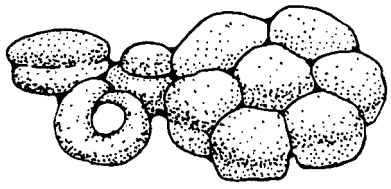
FRUIT BRAN MUFFINS

(No Sugar)

2 1/2 c. All-Bran
1 c. boiling water
1 1/4 c. raisins
1/4 c. oil
2 eggs, well beaten
1 1/4 c. whole wheat flour
1 Tbsp. soda
1 Tbsp. cinnamon
1/8 tsp. ground cloves
1 c. molasses
2 c. buttermilk
1 1/4 c. white flour
1 1/2 tsp. salt
1/2 tsp ginger
chopped apple
chopped plumped prunes

Pour water over bran and raisins; let cool. Then add oil, eggs, wheat flour, soda, cinnamon, cloves, molasses, buttermilk, white flour, salt and ginger. Mix all together. Batter will keep 2 months in refrigerator. When ready to bake a portion, add apple and prunes. Bake in muffin papers at 350° for 15 to 20 minutes. Yield: 3 dozen.

Bill Hester



FRENCH BREAKFAST PUFFS

1/3 c. butter
1/2 c. sugar
1 1/2 c. sifted flour
1 egg
1 1/2 tsp. double-action baking powder
1/2 tsp. salt
1/2 c. milk

Mix butter and sugar well together. Add egg. Sift flour, baking powder and salt together and stir in alternately with the milk into the shortening mixture. Fill greased muffin cups 2/3 full. Bake 20 to 30 minutes in 350° oven. Loosen with spatula and immediately and quickly dip sides and top in 6 tablespoons melted butter. Then roll each muffin in mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Serve hot. Yield: 12 muffins.

Jeanne Hill

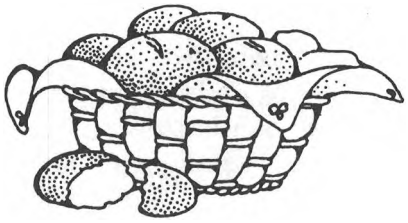
WHOMPED BISCUITS

1 can biscuits
bacon grease

Read directions on can for oven temperature. Peel wrapper off can. Whomp on edge of cabinet. Dip sides of each biscuit in bacon grease. Place on cookie sheet. Pop in oven. Continue with directions on can.

Caution: Be very careful with peeling wrapper off can. You could wind up with popped biscuits instead of whomped biscuits.

Roland McWhorter



GOLDEN PUFFS

2 c. sifted flour
1/4 c. sugar
3 tsp. baking powder
1 tsp. salt
1/4 c. oil
3/4 c. milk
1 egg
1 tsp. nutmeg

Stir with fork until thoroughly mixed. Drop by teaspoonfuls into deep oil, 375°. Fry until golden brown, about 2 minutes. Drain on paper towel or brown grocery bag. Roll puffs in cinnamon sugar or glaze by dipping in a thin confectioners sugar or icing. Makes about 2 1/2 dozen puffs. I use a Fry Baby for frying. It takes less oil than most other methods.

Mavis Allen

POPOVERS

1 c. milk
1 c. sifted flour (not self-rising)
2 eggs
1/2 tsp. salt

Add milk and eggs to sifted flour and salt. Stir just until eggs are well blended, disregard lumps. Fill well-greased muffin tin 3/4 full. Place in cold oven. Cook at 400° to 425° for 1/2 hour. Do not open oven during cooking time. Serves 4 to 6. Enjoy.

Audrey Woodall

HAWAIIAN BANANA NUT BREAD

3 c. all-purpose flour
1 tsp. soda
1 (8 oz.) can crushed pineapple, drained
1 1/2 c. vegetable oil
1 c. chopped nuts
3 c. sugar
1 tsp. cinnamon
2 tsp. vanilla
3 eggs, beaten
2 c. ripe bananas, mashed

Combine dry ingredients; stir in nuts and set aside. Combine other ingredients and add to dry ingredients, stirring just until moistened. Spoon batter into 2 greased and floured 9 x 5 x 3-inch loaf pans. Bake at 350° for 1 hour and 5 minutes or until done. Cool 10 minutes before removing from pan. Remove to wire racks. Can be frozen.

Doris Recer

MARTHA WHITE'S QUICK CHEESE BREAD

1 1/2 c. grated sharp Cheddar cheese
2 tsp. dry mustard
2 (5 1/2 oz.) pkg. Bix-Mix
1/2 tsp. Italian seasoning
2 eggs
3/4 c. water
1/4 tsp. garlic powder
2 Tbsp. butter

Heat oven to 350°. Grease an 8 1/2 x 4 1/2 x 2-inch loaf pan. Beat eggs in a large bowl. Stir in water; add Bix-Mix and beat. Add mustard, 1 cup cheese, Italian seasoning and garlic powder and mix thoroughly. Turn batter into pan; sprinkle with remaining cheese. Cook for 45 minutes. Cool in pan for 15 minutes. Cool before slicing. Freezes well.

Note: Bisquick may be used instead of Bix-Mix; 11 ounces = 1 1/4 to 1 1/2 cups.

Elia Cregg

MEXICAN CORNBREAD

1 c. yellow corn meal
1 (13 oz.) can cream-style corn
1/2 c. bacon drippings
2 eggs, beaten
1 c. milk
1/2 tsp. soda
1/2 tsp. salt
1/2 lb. or more ground beef

Mix corn meal, corn, bacon drippings, eggs, milk, soda and salt to form batter. Brown ground beef. Pour 1/2 batter in large iron skillet; sprinkle browned meat over batter. Then sprinkle chopped onions, grated Velveeta cheese and chopped jalapeno peppers over the meat. Pour the rest of the batter on top. Cook for 45 minutes at 350°.

Cheri Abshere

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He prays best who loves best.

PLAIN OL' BREAD

4 c. flour
1/4 c. whole wheat flour
1 2/3 c. water
2 pkg. dry yeast
1/3 c. honey
2 Tbsp. butter
1/2 tsp. salt

In small saucepan, warm water and dissolve honey. Add yeast and set aside until yeast starts "working" (about 20 minutes). Mix flour, whole wheat flour and salt in a large mixing bowl. Pour yeast mixture into flour; add butter and mix into a heavy dough. Cover dough; set in a warm place and allow to rise until doubled in volume. On a floured surface, work dough down and knead until firm. Divide into 2 equal portions and place on a non-stick cookie sheet. Allow to rise again until doubled in volume. Bake at 325° to 350° for 20 to 25 minutes until crust is good and brown. Cool on a rack; wrap and store in a refrigerator if not to be served the same day. Heat before serving and brush crust with melted butter.

Ron Gore

ROLLS

1 stick butter or oleo
1 tsp. salt
1 pkg. yeast
1/2 c. sugar
2 c. boiling water
5 to 6 c. flour

Put butter, sugar and salt in a large bowl. Pour in boiling water and stir until butter melts. Cool to lukewarm. Sprinkle yeast in. Stir and let stand about 5 minutes. Work in flour (may vary). Grease and allow to rise double size. Punch down, roll out and cut. Let rise to double again. Bake about 20 minutes at 400°.

Hazel Cagle

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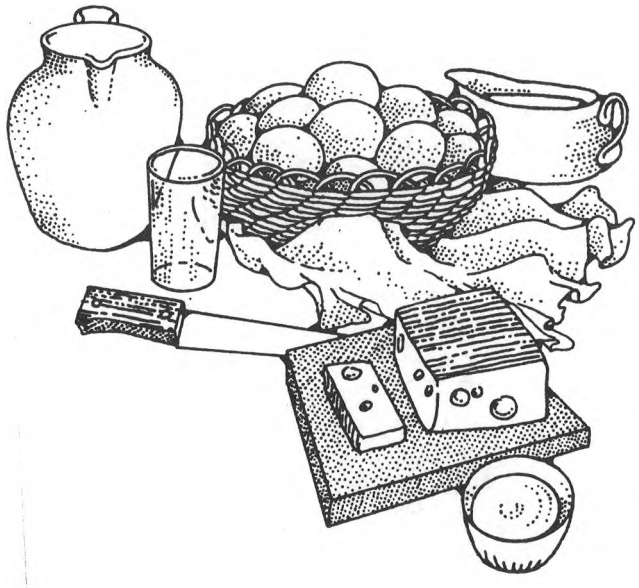
Food kept from going to waste sometimes goes to waist.

QUICK DINNER BUNS

3/4 c. warm water (not hot)
1 pkg. active dry yeast
1/4 c. sugar
1 tsp. salt
2 1/4 c. sifted flour
1 egg
1/4 c. soft shortening or butter

Dissolve yeast in water; add sugar, salt and about half the flour. Beat thoroughly 2 minutes. Add egg and shortening, then gradually beat in remaining flour until smooth. Let rise in bowl 40 to 50 minutes in warm place. Stir down batter and drop into greased muffin cups. Let rise another 30 minutes until double in bulk. Heat oven to 425°. Bake 10 minutes. Makes 1 dozen rolls.

Paula Buehne

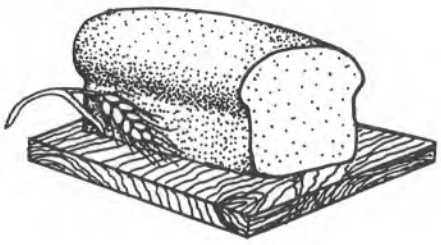


MY SUNSHINE BRAID

7 to 7 1/2 c. all-purpose flour
2 pkg. dry yeast
1/2 c. water
1/4 c. butter or margarine
2 c. coarsely shredded carrots
2 Tbsp. grated orange rind
1 tsp. water
1 Tbsp. salt
1 c. milk
1/3 c. honey
3 eggs
1/2 c. raisins
1 egg, slightly beaten

In large mixer bowl, combine 2 1/2 cups flour, yeast and salt; mix well. In saucepan, heat milk, 1/2 cup water and butter until warm (120° to 130°; butter does not need to melt). Add to flour mixture. Add honey and 3 eggs. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in carrots, raisins, orange rind and enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, 5 to 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until double, about 1 hour. Punch down dough. Divide into 2 parts. Divide each half into 3 pieces. On lightly floured surface, roll each piece to a 15-inch rope. On greased cookie sheet, loosely braid 3 ropes from center to ends. Pinch ends and tuck under to seal. Cover; let rise in warm place until almost doubled, about 45 minutes. Combine egg and 1 teaspoon water; brush braid. Bake at 375° for 35 to 40 minutes until golden brown. Remove from cookie sheets; cool.

Carol Foster



FOOD PROCESSOR FRENCH BREAD

3 c. unbleached wheat flour
1 1/2 tsp. sugar
1 good tsp. salt
1 pkg. dry yeast
2 tsp. olive oil (optional)
2 c. warm water

In bowl of food processor, put the following: wheat flour, sugar, salt and yeast. Mix dry ingredients a few seconds. While small chopping blade spins dry ingredients add olive oil and warm water. Pour the warm water in slowly until dough forms a ball and rides the blades. Spin the dough a few more seconds until fully mixed and not sticky. Remove and knead lightly on floured surface. Dough must be firm, not sticky. Add flour, if necessary. Place in buttered bowl and turn dough to coat all sides. Cover. Let rise in warm place until doubled in bulk (approximately 1 1/2 hours). Punch down dough. Shape into long cylinder. Place on a baking sheet covered with some cornmeal. (Do not grease baking sheet.) Let rise 30 minutes or so. Slash top 2 to 3 times with a sharp knife. Put in cold oven and bake at 400° for 35 minutes until golden brown. Loaf will sound hollow when tapped. Serve soon.

Ruth Dishman

GARLIC PUFF BREAD

1 large loaf French bread
1 to 2 c. grated Cheddar cheese
3 cloves garlic, minced
parsley and paprika
1 to 2 c. mayonnaise
1 bunch green onions (tops and all)

Split bread in half the long way. Spread on cut sides using entire jar of mayonnaise. Sprinkle top with cheese, onions, garlic, parsley and paprika. Wrap each half with foil and refrigerate 4 to 24 hours. When ready to bake, remove foil. Place on cookie sheet. Bake in a preheated 400° oven for 12 to 15 minutes until bread is puffed and golden.

Garnetta Zwaan

PULL APART BREAD

1 c. milk
1 1/2 tsp. salt
1 pkg. dry yeast
1 tsp. sugar
4 c. sifted flour
sesame seed
3/4 c. butter
1/2 c. sugar
1/4 c. warm water
3 eggs
1 c. melted butter

Scald milk. Add butter, salt and sugar. Let cool. Add yeast which has been dissolved in lukewarm water with 1 teaspoon sugar until bubbly. Now add eggs that have been beaten with a fork until foamy. Now add sifted flour. Cover and let stand until it rises to double in size. Stir down and refrigerate overnight.

Next morning, grease 3 cake pans (8-inch). Melt 2 cubes butter. Take 1/3 of dough out of the refrigerator leaving remainder in refrigerator. Place dough on slightly floured wax paper. Pat out to be 6 inches wide and 1/2-inch thick. Cut in strips with a knife dipping it in flour. Cut strips 1/2-inch wide. Your strips are about 6 x 1/2 x 1/2-inch. Begin in the middle of your cake pan. Go around, dipping each strip in your pan of melted butter. Where each strip ends, dip another strip in melted butter and start right there. Do not place strips jammed up together nor do you fill the pan too full. You will adjust to what is just right. Pat the top of dough down pressing ends together if separated. Sprinkle the top with sesame seed and let rise until double in size, about 1 1/2 hours in a warm place. When you bake the 3 pans at 350° for 15 minutes, the dough will come up to the top of the pan. Cool. Wrap in foil and freeze. When you want to serve the bread, take out of the freezer. Place on folded foil; bake 15 more minutes at 350°. Cover (brush) with 1/2 cube of melted butter (1/2 cube for each pan of bread) and push off onto your serving dish.

Cindy Wallis

SOPAIPILLAS (FRIED BREAD)

1 3/4 c. sifted all-purpose flour
2 tsp. baking powder
2/3 c. cold water
1 tsp. salt
2 Tbsp. shortening

Sift flour, baking powder and salt into a mixing bowl; add shortening and cut in coarsely, then add cold water gradually. Mix just enough to hold together as for pie crust. Turn out on lightly floured board and knead gently until smooth. Cover and let dough rest for 5 minutes, then roll out into a rectangle about 12 x 15-inches (dough should be very thin, about 1/16 to 1/8-inch thick). Cut into 3-inch squares or 2 x 3-inch oblong. Drop a few squares at a time into deep, very hot oil. At first, turn squares over 3 or 4 times to make them puffy evenly. Fry about 2 or 3 minutes on each side or until golden brown. The sopaipillas will puff up like little pillows. Serve hot as a bread or dessert with honey. Makes about 20.

Joan Dixon

FRY BREAD

4 c. flour
2 tsp. salt
1 Tbsp. shortening
2 c. milk
2 Tbsp. baking powder

Knead it like biscuit dough. Let sit for 5 or 10 minutes. Flatten out bread pieces. Fry in shortening (deep). The bread should not touch the bottom of the pan. Drop in little pieces of dough. Cook until golden brown. Makes about 24.

Note: If the bread rises to the top, the shortening is ready.

Joyce Fulton

STRAWBERRY BREAD

3 c. flour
1 tsp. soda
1 tsp. salt
2 c. strawberries
1 1/4 c. chopped nuts
4 eggs, well beaten
1 1/2 c. oil
2 c. sugar
3 tsp. cinnamon

Sift dry ingredients together. Make a deep well and add remaining ingredients. Stir until damp. Pour in loaf pan. Bake at 350° for 1 hour.

Mary Sue Silk

STRAWBERRY NUT BREAD

3 c. flour
1 tsp. soda
2 c. sugar
2 c. thawed, frozen sliced strawberries
1 1/4 c. vegetable oil
1 tsp. salt
1 Tbsp cinnamon
4 eggs, beaten
1 1/4 c. chopped pecans

Sift the flour, salt, soda, cinnamon and sugar together in a large bowl. Combine the remaining ingredients, mixing well. Make a well in the center of the dry ingredients. Add liquid mixture, stirring just enough to moisten dry ingredients. Pour into greased and floured Bundt pan or 2 loaf pans. Bake 1 hour and 15 minutes at 350°. Remove from oven and let cool 10 minutes. Remove from pan(s) and finish cooling on wire racks. Also makes 6 miniature loaves.

Leola Cousins

PUMPKIN BREAD

1 c. oil
4 eggs, beaten
1 (16 oz.) can pumpkin
3 c. sugar
3 1/2 c. flour
2 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 c. pecans

Mix together oil, eggs and pumpkin. Sift together and add to mixture sugar, flour, soda, salt, cinnamon, nutmeg and pecans. Grease and flour 2 loaf pans. Bake 1 hour and 15 minutes or 20 minutes at 300°. This freezes well.

Pegge Allen

NEVER FAIL MERINGUE FOR CREAM PIES

8 Tbsp. sugar
1/2 c. water
1/8 tsp. salt
1/4 tsp. cream of tartar
1 Tbsp. cornstarch
3 egg whites
1/2 tsp. vanilla or lemon

Combine 2 tablespoons sugar with cornstarch in small saucepan. Add water. Cook over medium heat, stirring constantly, until mixture is thick and clear. Beat egg whites with salt and flavoring until soft mounds form. Add 6 tablespoons sugar gradually, beating well after each addition. Add hot mixture and continue beating until meringue stands in stiff peaks. Spoon over filling. Be sure around the edges are completely covered. Bake at 350° for 12 to 15 minutes until golden brown.

Nettie Spradlin

BANANA SOUR CREAM PIE

1 (6 oz.) pkg. instant vanilla pudding
2 c. milk
1/2 c. sour cream
1 baked pie shell (9-inch size)
2 to 3 sliced bananas
whipped cream or whipped topping

Prepare with milk according to package. Stir sour cream until smooth. Fold sour cream into pudding. In pie shell, layer 1/3 of pudding and 1/3 of bananas. Repeat layers two more times. Top with whipped cream or banana slices dipped in pineapple or lemon juice to prevent darkening. Refrigerate for 1 hour or until ready to serve. Makes one 9-inch pie.

Jeanne McGilliard

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Seconds count, especially when dieting.

COCONUT, CHOCOLATE, BANANA OR PINEAPPLE PIE

2/3 c. sugar
1/4 tsp. salt
2 1/2 c. milk
1 Tbsp. butter
4 Tbsp. cornstarch
4 egg yolks
vanilla

Scald milk. Mix sugar, cornstarch, salt (cocoa, if chocolate). Add to milk. Cook until thick. Then add a little of hot mixture to beaten egg yolks and stir. Do this a few times and then add egg mixture to the other and cook longer. Add vanilla and butter. Add 1/2 to 1 cup coconut for coconut pie. Add 1/2 to 1 cup completely drained and squeezed, crushed pineapple for pineapple pie. Line cooked pie crust with sliced bananas for banana pie. For chocolate, use 1 cup sugar and 1/3 cup cocoa. Put cooked and cooled filling in baked and cooled crust. Either cover with meringue and bake or Cool Whip and put in icebox.

Nita Lawrence White

PECAN PIE

3 eggs, beaten
1/4 tsp. salt
1/2 c. sugar
1 tsp. vanilla
3 Tbsp. melted butter
2 tsp. nutmeg
1 c. white corn syrup
1 c. whole pecans

Mix well and pour into unbaked pie shell. Bake at 375° for 30 to 40 minutes.

Jane Bone

LOUISIANA PECAN PIE

3 eggs
1/2 c. sugar
3 Tbsp. melted butter
dash of salt
1 (9-inch) unbaked pie shell
1 1/2 Tbsp. flour
1 c. dark corn syrup
2 tsp. vanilla
1 c. chopped pecans

Beat eggs. Mix flour and sugar and add to eggs. Stir in remaining ingredients. Pour into pie shell. Bake in 325° oven for 45 minutes.

Hazel Cagle

PECAN PIE

1/2 c. butter or oleo
1/2 c. sugar
1 tsp. vanilla
1 c. chopped pecans
1/2 tsp. cinnamon
3 eggs, well beaten
1 c. syrup
2 Tbsp. flour
1/2 tsp. salt
1 unbaked (9-inch) pie shell, chilled

To the eggs, add butter, syrup, sugar, cinnamon, vanilla, flour and salt. Fold in pecans. Pour into unbaked shell. Bake at 325° for approximately 45 minutes or 450° for 10 minutes, then 350° for 30 to 35 minutes.

Iva Laroache

TINY PECAN PIES

3/4 c. firmly packed brown sugar
1 Tbsp. butter or margarine, softened
1 egg
dash of salt
1 tsp. vanilla extract
2/3 c. coarsely chopped pecans
Pastry Shells (recipe follows)

Combine first 5 ingredients in small bowl; beat at medium speed in electric mixer until smooth. Bake pies at 325° for 25 minutes or until filling is set. Makes 2 dozen.

Pastry Shells:

1 (3 oz.) pkg. creamed cheese, softened
1/2 c. butter or margarine, softened
1 c. all-purpose flour

Combine cream cheese and butter in small bowl; stir until smooth. Add flour, mixing well. Chill dough 1 hour; shape into 24 (1-inch) balls. Place in ungreased 1 3/4-inch muffin tins, shaping each into a shell. (May use paper baking cups for shells.)

Marian Easley

MILLIONAIRE PIE

1 (22 oz.) can strawberry filling
1 (8 oz.) can crushed pineapple, drained
1 (15 oz.) can Eagle Brand milk
3 Tbsp. lemon juice
1 (9 oz.) container Cool Whip
1 c. chopped pecans
2 graham cracker crusts or 18 individual pie tarts
Cool Whip

Mix strawberry filling, pineapple, milk and lemon juice in large bowl. Fold in container Cool Whip and pecans. Pour in pie shells or tarts. Refrigerate at least 2 hours before serving. Top with Cool Whip. Makes 2 pies or 18 tarts.

Mildred Adair

MARY'S PUMPKIN PIE

1 c. pumpkin
2 eggs, beaten
1/4 stick margarine or oleo
1/2 c. sweet milk
1 c. sugar
1 tsp. lemon extract
1 tsp. nutmeg

Mix pumpkin and sugar thoroughly, then add eggs. When well mixed, add butter, sweet milk and lemon extract. Continue to mix until all ingredients are well blended. Add nutmeg. Pour in unbaked pie crust and bake in a 325° oven. Bake slowly until done. Delicious with Cool Whip or whipped cream.

Shirley Stevenson

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Worry is mountain climbing over molehills.

RAISIN PIE

1 1/2 c. raisins
2 c. water
1 1/2 c. granulated sugar
4 Tbsp. flour
3 large eggs
pinch of salt
1/2 stick butter
2 Tbsp. lemon juice
2 tsp. lemon rind
1 baked (9-inch) pie shell

Combine raisins, 1 1/2 cups of water and 1 cup of sugar in a 2 quart saucepan. Bring to boil, then reduce heat to medium. In bowl combine remaining 1/2 cup of sugar, 1/2 cup of water, flour, egg yolks and salt. Blend well and stir into raisin mixture. Continue stirring until thickened (about 10 minutes). Remove from heat and stir in butter, lemon juice and rind. Chill 1 hour. In the meantime, prepare meringue. When cool, pour raisin mixture into baked pie shell. Cover with meringue and bake at 400° until meringue is golden brown. Delicious!

Marian Easley

APPLESAUCE CUSTARD PIE

1 large can applesauce
3/4 c. sugar
1/8 tsp. nutmeg
1/2 c. milk
3 eggs, beaten
1/2 tsp. lemon extract

Heat oven to 350°. Combine all ingredients well. Pour into unbaked 8-inch pie shell. Bake 1 hour or more until firm. Serve with whipped cream, if desired.

Margaret Schmidt

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How seldom we weigh our neighbor in the same balance with ourselves.

LEMON CHIFFON PIE

4 egg yolks
3/4 c. sugar
juice of 1 1/4 lemons
grated lemon rind (from 1 lemon)
2 egg whites
1/4 c. sugar
pinch of salt

Meringue:

2 egg whites
2 Tbsp. sugar
pinch of salt
1/4 tsp. cream of tartar

Beat egg yolks well. Add sugar, lemon juice and rind. Cook in double boiler until thick. Let cool somewhat. Beat egg whites until stiff but not dry. Slowly beat in sugar and salt. Fold first mixture into this. Put in pie shell. Prepare meringue. Pile lightly on pie. Bake in slow oven for 20 minutes.

Mildred Dosser

NO-BAKE TART LEMON PIE

1 pkg. lemon jello, dissolved thoroughly in 1/2 c. boiling water
1/4 c. lemon juice
1/2 tsp. grated lemon rind (yellow part only)
1 can Eagle Brand or dairy sweet milk

Pour lemon jello dissolved thoroughly in boiling water in mixing bowl. Add and stir lemon juice, lemon rind and Eagle Brand or dairy sweet milk. Pour into one purchased graham cracker crust in pie tin. Chill in refrigerator 3 to 4 hours. Top with Cool Whip or whipped cream and serve.

Ruth Dishman

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The smallest good deed is better than the grandest intention.

GERMAN CHOCOLATE PIE

1 pkg. German chocolate
1 2/3 c. evaporated milk (13 oz.)
3 Tbsp. cornstarch
2 eggs
9-inch pie shell
1/2 c. chopped pecans
1/4 c. butter
1 1/2 c. sugar
1/8 tsp. salt
1 tsp. vanilla
1 1/3 c. Angel coconut

Mix chocolate and butter on slow heat. Add sugar and cornstarch and milk slowly. Add eggs and salt slowly. Mix together and put in pie shell. Mix nuts and coconut and sprinkle over the top. Bake at 375° for 45 minutes.

Leta Smith

BAKED FUDGE PIE

1 sq. unsweetened chocolate
1 c. sugar
1 scant c. flour
1/2 c. butter or oleo
2 eggs, beaten
1 tsp. vanilla

Melt chocolate and butter; add sugar, eggs, flour and vanilla. Mix well. Pour in greased pie pan. Bake for 25 minutes at 350°.

Jeannine Aust

FUDGE PECAN PIE

1 uncooked pie crust (9 or 10-inch)
3 Tbsp. cocoa
2 c. sugar
1/8 tsp. salt
1 can Pet evaporated milk (5 oz.)
1/2 c. margarine
3/4 c. hot water
1/2 c. flour
1 tsp. vanilla
1 c. pecan halves

Preheat oven and cookie sheet to 350°. In medium saucepan, melt margarine. Add cocoa and stir until dissolved; add hot water and stir again. With wire whip blend in sugar, flour, salt, extract and milk. Stir until batter is smooth. Add pecans. Pour into pie shell. Place on cookie sheet and bake for 50 minutes or until custard is set.

Martha Safrit

CHOCOLATE ANGEL PIE

2 egg whites
1/8 tsp. salt
1/8 tsp. cream of tartar
1 (4 oz.) bar Baker's German's sweet chocolate
1 c. whipping cream
1/2 c. sugar
1/2 tsp. vanilla
1 1/2 c. nuts
3 Tbsp. water
1 tsp. vanilla

Meringue Shell: Beat 2 egg whites with salt and cream of tartar until foamy. Add sugar, 2 tablespoons at a time, beating after each addition. Then continue beating to very stiff peaks. Fold into 1/2 teaspoon vanilla and nuts. Spoon into lightly greased 8-inch pie pan. For nest-like shell, build sides up 1/2 inch above edge of pan. Bake in slow oven at 300° for 50 to 55 minutes. Cool.

Chocolate Cream Mixture: Stir chocolate in water over low heat until melted (double boiler). Cool until thickened. Add 1 teaspoon vanilla. Whip cream. Fold in chocolate mixture. Pile into meringue shell. Chill 2 hours. (Can be frozen.)

Nancy Clayton

CHOCOLATE PIE

1/2 c. sugar
dash of salt
1 c. milk
1/2 c. flour
1 1/2 Tbsp. cocoa
2 egg yolks
1 c. milk
1 tsp. vanilla
dash of butter

Add sugar, salt, milk, flour, cocoa and egg yolks and cook on stove top until begins to thicken, then add milk, vanilla and butter. Keep stirring until desired thickness, then pour into cooked pie shell. Add meringue or Cool Whip to the top. Enjoy.

Audrey Woodall

LEMON CHESS PIE

1 1/4 c. sugar
2 Tbsp. flour
1/4 c. lemon juice
4 eggs, beaten
1/4 c. melted butter
2 Tbsp. corn meal
1/2 tsp. salt
4 tsp. grated rind
1/4 c. milk

Mix sugar, flour and corn meal. Add eggs, one at a time and beat after each addition. Stir in butter or oleo, salt and milk, lemon juice and rind and mix well. Pour into unbaked pie shell. Bake in lower shelf of oven at 350° for 45 minutes.

Nettie Spradlin

CARITA'S CHEDDAR APPLE PIE

6 large apples, pile apples high
1 1/4 c. sugar
1/2 c. and 2 Tbsp. flour
1/2 c. New York State sharp Cheddar cheese, grated
1 tsp. lemon peel, grated
1/8 tsp. salt
1 unbaked pie shell
1/2 tsp. cinnamon
1/4 c. melted butter
sour cream

Preheat oven to 400°. Peel, core and slice apples thin. In large bowl, toss apples with 1 cup sugar, 2 tablespoons flour, cinnamon, lemon peel and salt and pour into pie shell. In separate bowl, mix remaining flour, cheese, sugar and butter. Sprinkle over apple mixture. Bake 40 minutes or so. Serve warm with sour cream.

Joan Dixon

DUTCH APPLE PIE

2 c. thinly sliced apples
3/4 c. sugar
1 Tbsp. flour
3 beaten eggs
1 c. milk
1 tsp. vanilla
1/2 c. melted butter

Layer apples in uncooked pie shell. Mix sugar with flour and sprinkle over apples. Mix eggs with milk and vanilla and pour over apples. Drizzle butter over the top. Bake at 350° until knife inserted in center comes out clean.

Jessie May Hines

HEATH PIE

1 (8-inch) graham cracker pie crust
5 Heath candy bars, crushed
1 (9 oz.) whipped topping
1 c. instant powdered cocoa mix

Crush candy with grinder or blender. Fold cocoa mix and candy into topping, saving some candy for sprinkling on top. Pour into crust. Cover and refrigerate. Excellent!!

Marge Ray

PEANUT BUTTER PIE

2 c. milk
3 Tbsp. cornstarch
1 tsp. vanilla
9-inch baked pie crust
2/3 c. sugar
3 eggs, beaten
1/2 c. chunky peanut butter

Combine milk, sugar and cornstarch in double boiler until slightly thickened, stirring constantly. Add eggs and stir until thickened. Remove from heat. Add vanilla and peanut butter. Mix, then pour into pie crust. Chill.

Marge Ray

STRAWBERRY PIE

4 oz. pkg. jello vanilla pudding
3 oz. jello strawberry gelatin
2 c. water
1 tsp. lemon juice
1 1/2 c. Cool Whip
1 c. sliced fresh strawberries
1 graham cracker pie shell

Combine pudding, gelatin, water and lemon juice in a saucepan. Cook over medium heat until it comes to a boil. Pour into a bowl and chill until thickened. (Can put in a large bowl of ice water to hasten process.) Stir. Fold in Cool Whip; blend well. Stir in strawberries. Pour into pie shell. Chill 1 to 2 hours until set. Garnish with additional Cool Whip and strawberries.

Kelly Brack

NO COOK STRAWBERRY PIE

1 1/2 c. vanilla wafer crumbs (fine)
2 eggs, beaten
1 1/2 c. drained sweetened strawberry slices (fresh or frozen)
1/2 c. butter or oleo
1/2 c. melted butter
1 1/2 c. powdered sugar
1 tsp. vanilla
1 to 2 c. whipped cream or Cool Whip

Mix all but 2 tablespoons crumbs with melted butter; press into a buttered pie pan. Chill until firm. Cream butter and powdered sugar; add beaten eggs and vanilla. Beat until fluffy. Spoon into crust. Fold strawberries into the whipped cream and spread over the 1st mixture in crust. Sprinkle with remaining crumbs. Refrigerate until firm, about 8 hours.

Luella Easley

STRAWBERRY PHILADELPHIA CREAM CHEESE PIE

1 uncooked pie crust or vanilla wafers, crushed with melted butter and sugar
1 (8 oz.) pkg. cream cheese
1 (3 oz.) pkg. cream cheese
3 eggs
1 c. sugar
1 tsp. vanilla
1 c. dairy sour cream

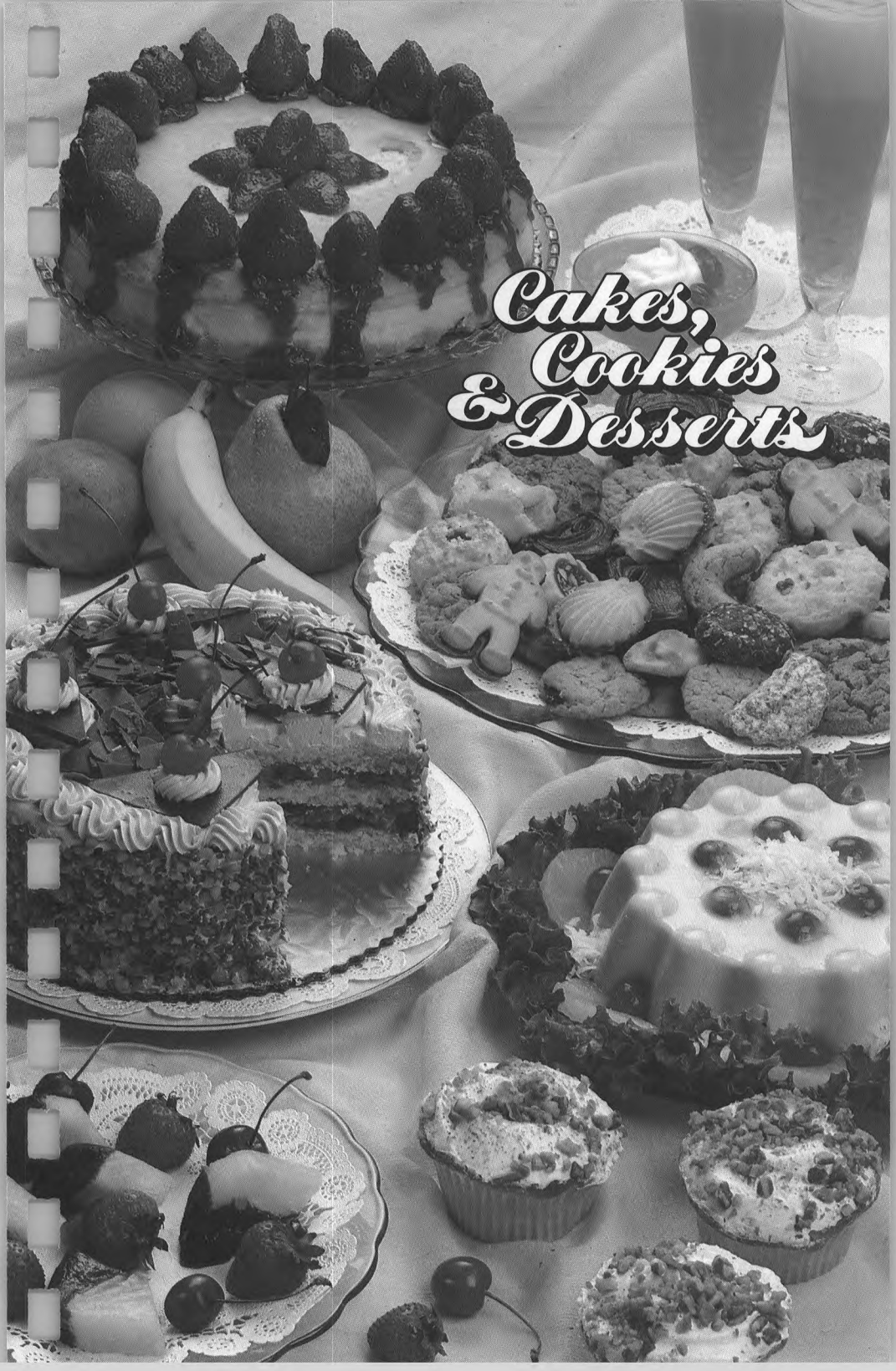
In mixing bowl, beat cream cheese (at room temperature) with eggs, sugar and vanilla until smooth. Pour mixture into pie shell or wafer crust. Bake 35 minutes at 350°. Remove from oven and spread the cup of sour cream on top. Let cool. Prepare glaze and spread over pie.

2 1/2 Tbsp. cornstarch
1/4 c. sugar
1/2 c. water
1 pkg. frozen strawberries
1 Tbsp. lemon juice
drops of red food coloring

Mix well and cook until thick. Cool and spread on top of pie.

Jeanne Hill

<<< Extra Recipes >>>


Cakes,
Cookies
& Desserts

Candy Testing

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk
½ c. evaporated milk and ½ c. water
½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk
1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1¾ t. cream of tartar

1 c. sweet milk
1 c. sour milk or buttermilk plus ½ t. baking soda

1 c. sour, heavy cream (for sour milk recipe)
⅓ c. butter and ⅔ c. milk

1 c. sour, thin cream (for sour milk recipe)
3 T. butter and ¾ c. milk

1 c. butter or margarine (for shortening)
⅘ c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c. • ⅞ c. cottonseed, corn, nut oil (solid or liquid) • ⅞ c. lard and salt • ½ c. suet and salt (increase liquid in recipe ¼ c.)

1 1-oz. square unsweetened chocolate
3 T. cocoa plus ½ T. shortening

1 T. cornstarch (for thickening)
2 T. flour (approx.)

1 T. flour (for thickening)
½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour
1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour
1 c. plus 2 T. sifted cake flour

1 whole egg
2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.

1 c. molasses • 1 c. honey

1 c. honey
¾ c. sugar plus ¼ c. liquid

1 c. granulated sugar
1⅓ c. brown sugar or 1 ½ c. powdered sugar

1 t. baking powder
¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

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LOAF CAKE

2 c. sugar
2 egg yolks
2 c. flour
1/2 tsp. salt
1/2 c. butter
1/2 c. milk
3 tsp. baking powder
1/2 tsp. vanilla

Mix together all ingredients. Fold in 2 egg whites which have been beaten. Bake in greased and floured loaf pan at 350° until test comes out clean.

Steve Brooks

MOM'S SCOTCH CAKE

2 c. sugar
2 c. flour
1 stick oleo
4 Tbsp. cocoa
1/2 c. Crisco
1 c. water
1 c. buttermilk
1 tsp. soda
2 eggs, slightly beaten
1 tsp. vanilla

Put in mixing bowl sugar and flour. Put in saucepan oleo, cocoa, Crisco and water. Bring to boiling point and pour over flour and sugar. Mix well and add buttermilk, soda, eggs and vanilla. Bake in 11 x 16-inch pan at 375° for 30 minutes.

Icing:

1 stick oleo
4 Tbsp. cocoa
6 Tbsp. milk
1 box powdered sugar
1 tsp. vanilla
1 c. pecans (more, if desired)
1 c. coconut (more, if desired)

Start about 5 minutes before cake is done. Melt together in saucepan: oleo, cocoa and milk. Bring to boil and set off heat and add: powdered sugar, vanilla, pecans and coconut. Beat well and spread over cake while both are hot.

Joyce Fulton

POUND CAKE

2 c. sugar
6 eggs
1/4 tsp. salt
2 c. flour
1 c. corn oil
1 tsp. lemon or vanilla

Break eggs in bowl; mix slightly. Add sugar; beat well. Add corn oil; beat well. Then add flour and salt; beat again. Add extract and mix well. Bake in large loaf pan or tube pan at 325° for about 1 to 1 1/2 hours. Watch it!!

Newtonia Wilson

SEVEN-UP POUND CAKE

2 sticks soft oleo
3 c. flour, sifted (all-purpose)
7 oz. 7-Up
1/2 tsp. coconut extract or 2 tsp. lemon extract
1/2 c. Crisco
3 c. sugar
5 large eggs

Grease and flour large Bundt cake pan. Cream sugar, oleo and Crisco with 2 of the eggs. Cream together well. Then start adding remainder of the eggs, one at a time, beating well after each. Add flour to mixture alternately with 7-Up. Then add extract. Bake in preheated 325° oven about 1 hour and 30 minutes. Let set 10 minutes, then remove from pan to cool on wire rack.

Martha Sadler

COCONUT POUND CAKE

1/2 c. vegetable shortening
3 c. sugar
1/2 tsp. almond flavoring
1 tsp. coconut flavoring
3 c. all-purpose flour
2 sticks margarine
6 eggs
1 c. milk
1 can flaked coconut

Cream butter, shortening and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add flavorings and mix well. Alternately add flour and milk beating after each addition. Stir in coconut. Spoon batter into 10-inch greased tube pan or Bundt pan. Bake at 350° for 1 hour and 15 minutes.

Carol Foster

PLUM CAKE

2 c. sifted flour
1 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. cloves
2 c. sugar
1 c. oil
3 eggs
2 jars baby food plums
1 c. chopped nuts (optional)

Sift together flour, soda, salt, cinnamon and cloves. Mix sugar and oil; beat in eggs, one at a time. Add plums and mix well. Add sifted dry ingredients and nuts. Mix. Pour into greased and floured Bundt cake pan. Bake 1 hour in preheated 350° oven. Cool 15 minutes and remove from pan.

Martha Sadler

PINEAPPLE BETTER THAN EVER CAKE

1 yellow cake mix (as directed on box)
1 (20 oz.) can crushed pineapple
1 c. sugar
1 (3 oz.) pkg. instant vanilla pudding
1 c. coconut flakes
1 (8 oz.) carton Cool Whip
1 c. pecans

Bake in 9 x 13-inch pan. Simmer sugar and pineapple until sugar is dissolved. Poke holes in cake and pour over pineapple and sugar mix. Chill. Mix instant pudding as directed on box and add coconut to pudding. Spread over pineapple. Cover with Cool Whip and sprinkle with nuts. Enjoy!

Judy Nelson

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Instant foods have made it possible for the housewife to spend less time preparing dinner than to get the family to the table.

OATMEAL CAKE

1 1/2 c. boiling water
1 c. quick oatmeal
1 stick butter or margarine
1 c. brown sugar
1 c. white sugar
2 well beaten eggs
1 1/2 c. flour (plain)
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt

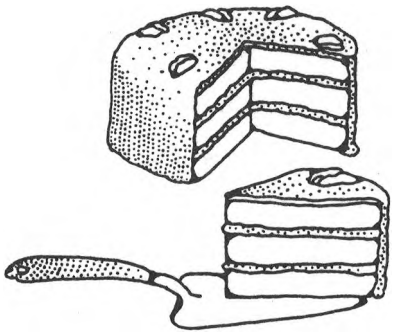
Pour boiling water over oatmeal. Let stand 20 minutes. Cream together butter or margarine, brown sugar, white sugar and eggs. Add oatmeal mixture. Sift together flour, soda, cinnamon and salt. Add to mixture. Bake in lightly greased and floured oblong pan. Bake 35 to 40 minutes at 350°.

Oatmeal Frosting Mix:

3 tsp. butter
1/2 c. brown sugar
1 c. coconut
1 c. chopped nuts
1/2 c. cream or can milk

Mix together and spread over cake. Return to oven and cook until bubbly.

Janell Lupi



LEMON PRALINE CAKE

3 c. unsifted flour
1 tsp. baking powder
1/2 tsp. salt
2 c. granulated sugar
1 c. softened butter
5 eggs
1 Tbsp. grated lemon rind
1 tsp. vanilla extract
1/2 tsp. almond extract
1 c. sour cream
3/4 c. toasted almonds, finely ground
1/2 c. firmly packed dark brown sugar
powdered sugar

Preheat oven to 325°. Stir together flour, baking powder and salt; set aside. In large mixing bowl, beat granulated sugar and butter until fluffy. Beat in eggs, one at a time, until smooth; add rind and extracts. Beat in sour cream alternately with flour mixture. In medium bowl, combine ground almonds, brown sugar and about 1/3 of cake batter; set aside. Spoon about 1/2 of remaining batter into a well-greased and floured 10-inch fluted tube cake pan. Spread with almond batter, then top with remaining cake batter. Cut through and swirl batter with a knife. Bake 1 hour and 15 minutes or until wooden toothpick comes out clean. Cool in pan. When completely cool, turn out onto platter. Sprinkle with powdered sugar before serving.

Don Kesler

GEORGIA LEMON CHIFFON CAKE DESSERT

1 pkg. lemon cake mix
2 eggs
2 Tbsp. cooking oil
1 1/2 c. water

Blend on low speed until moistened. Mix at medium speed 2 minutes. Pour batter into 9 x 13-inch greased and floured pan. Bake at 350° for 30 to 35 minutes. Ice while hot.

Icing:

2 c. powdered sugar
juice of 2 lemons
2 tsp. melted butter
2 tsp. water or more (if needed)
grated peeling (if desired)

Mix well. Drizzle on top of cake.

Jane Bone

LEMON BUNDT CAKE OR LOAF

1 pkg. lemon cake mix
2 c. powdered sugar
1/3 c. lemon juice

Follow directions on cake mix package. Bake in Bundt pan. While cake is still warm, mix powdered sugar with lemon juice. Heat to boiling. Drizzle over warm cake which has been pierced with tines of fork. Pierce sides of cake also. Flavor improves with time.

Virginia Ellis

LEMON POPPY SEED CAKE

1 box Duncan Hines lemon cake mix
1 box Jell-O lemon instant pudding
2 Tbsp. poppy seed
4 eggs
1/2 c. oil
1 c. boiling water

Mix dry ingredients and oil with water and beat 2 minutes. Add eggs, one at a time and beat after each egg. Bake in Bundt pan, about 40 to 50 minutes at 350°.

Martha Safrit

LEMON APRICOT CAKE

1 pkg. yellow cake mix
1 pkg. lemon jello
3/4 c. cooking oil
3/4 c. apricot nectar
2 Tbsp. lemon extract (optional)

Mix all and beat. Add 4 egg yolks and beat. Beat egg whites and fold into cake mixture. Bake in greased tube pan for 1 hour and 45 minutes at 325°. Let cake cool in pan for a little while. Mix 1 cup powdered sugar and juice of one lemon. Pour over hot cake. Pierce the cake so this will soak through. This also freezes well.

Betty Woodall

GERMAN FRUIT CAKE

3/4 c. butter
2 c. sugar
4 eggs
3 c. flour
1/2 tsp. allspice
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. soda
1 c. buttermilk
2/3 c. cherry preserves, pineapple preserves and apricot preserves
1 c. nuts
1/2 tsp. vanilla

Cream together butter, sugar and eggs. In separate bowl, mix flour, allspice, cinnamon and nutmeg. Mix together in cup soda and buttermilk. Alternate buttermilk mixture and flour mixture while adding to butter mixture. Mix well. Mix well preserves, nuts and vanilla and combine with mixture and divide batter into 3 loaf pans. Bake at 325° for 1 to 1 1/2 hours.

Betty Browers

MEXICAN FRUIT CAKE

2 c. flour
2 eggs
1 (20 oz.) can crushed pineapple, undrained
2 tsp. soda
2 c. sugar
1 c. pecans

Mix and bake in 350° oven for 45 minutes.

Topping:

1 (8 oz.) cream cheese, softened
1 stick butter
2 c. powdered sugar

Mix well and pour over cake while still hot.

Marie Chappell

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To speak kindly does not hurt the tongue.

PINEAPPLE COCONUT CAKE

1 box Betty Crocker white cake mix
3 oz. pkg. dry lemon jello
1 c. vegetable oil
4 eggs (add one at a time)
1/2 c. milk
1 c. crushed pineapple (juice too)
1 c. flaked coconut
1 c. chopped nuts

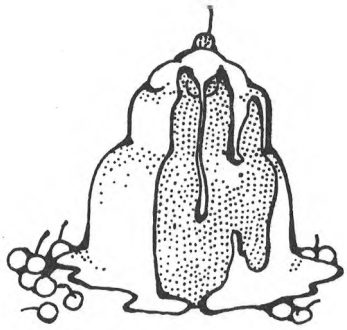
Pour into large pan after using Pam. Bake at 350° for 40 to 50 minutes.

Icing:

1 stick soft margarine
1 (16 oz.) box powdered sugar
1/2 c. crushed pineapple with juice
1/2 c. coconut
1/2 c. chopped nuts

Work together until smooth margarine and powdered sugar. Add pineapple, coconut and nuts. Put on cake while slightly warm.

Mollie Burton



FOURTEEN KARAT CAKE

2 c. sifted flour
2 tsp. baking powder
1 1/2 tsp. soda
1 1/2 tsp. salt
2 tsp. cinnamon
2 c. sugar
1 1/2 c. oil
4 eggs
2 c. grated carrots
8 1/2 oz. crushed pineapple
1/2 c. nuts
3 1/2 oz. can Baker's Angel Flake coconut

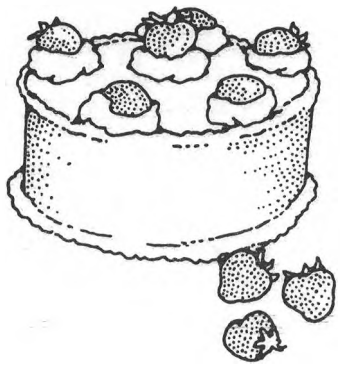
Sift together flour, baking powder, soda, salt and cinnamon. Add sugar, oil and eggs. Mix well. Add carrots, pineapple, coconut and nuts; blend thoroughly. Pour into 3 greased and floured pans. Bake at 350° for 35 to 40 minutes. Cool in pan a few minutes before turning onto wire racks. Cool thoroughly. Frost with Cream Cheese Frosting. Will keep 2 to 3 weeks if refrigerated covered.

Cream Cheese Frosting:

3/4 c. butter
12 oz. cream cheese
1 1/2 tsp. vanilla
1 1/2 lb. powdered sugar, sifted

Cream butter, cream cheese and vanilla. Add powdered sugar gradually. If too thick to spread, add a few drops of milk. Frosts a 3 layer cake.

Kelly Brack

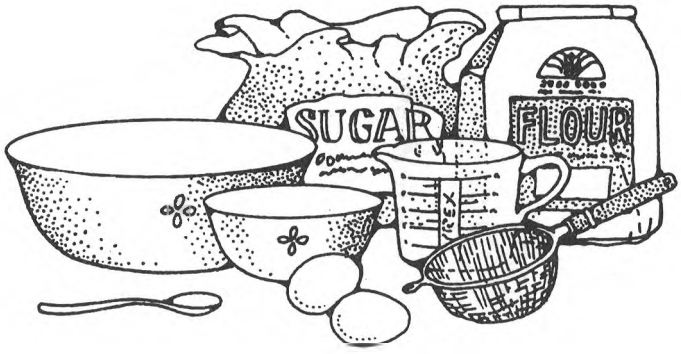


COCONUT CARROT CAKE

1 1/2 c. flour
1/2 tsp. salt
1 c. sugar
1 c. finely grated carrots
1/2 c. nuts, chopped fine
1 can cream cheese frosting
1/2 tsp. baking powder
1 tsp. cinnamon
1 c. oil
2 eggs
1/2 c. raisins
2 2/3 c. coconut

Mix flour, baking powder, salt and cinnamon. Beat sugar and oil at medium speed of electric mixer until well mixed. Stir in flour mixture. Add eggs, one at a time, beating well after each addition. Stir in carrots, raisins, nuts and 2/3 cup coconut. Pour into greased and floured 9-inch Bundt pan. Bake at 350° for 35 minutes or until cake is done. Cool in pan 15 minutes. Remove from pan and cool on rack. Frost with cream cheese frosting and cover with coconut.

Ida Cothren



COCONUT CREAM CAKE

1/2 c. shortening
2 c. sugar
2 c. sifted cake flour
7 oz. can flaked coconut
1/2 c. margarine
5 eggs, separated
1 tsp. baking soda
1 c. buttermilk

In a large bowl of electric mixer, blend margarine and shortening on medium-high speed. Add sugar gradually; beat until fluffy. Add egg yolks, one at a time, beating well after each addition. Sift flour and soda together. Add alternately with buttermilk, beginning and ending with flour mixture. Add 1 2/3 cups coconut to cake batter. Beat egg whites until stiff peaks form; fold into batter. Pour into 3 greased and floured (9-inch) cake pans. Bake in a 350° oven for 25 to 30 minutes. Cool. Frost cake with Filling.

Filling:

1/2 c. margarine
3 oz. pkg. cream cheese, softened
1 lb. box confectioners sugar
1 tsp. vanilla
1/8 tsp. salt
1/2 c. slivered almonds

Mix margarine and softened cream cheese together. Add sugar, vanilla and salt. Mix together well. Add a few drops of milk to make the right consistency. Use the almonds for garnish.

Genevieve Meese

CHOCOLATE ZUCCHINI CAKE

1/2 c. oleo
1/4 c. oil
1 3/4 c. sugar
2 eggs
1 tsp. vanilla
2 c. shredded zucchini
2 1/2 c. flour
1/4 c. cocoa
1/2 tsp. baking powder
1 tsp. soda
1 tsp. salt
3/4 c. buttermilk
chocolate chips

Cream oleo, oil, sugar, eggs and vanilla. Mix dry ingredients and add to creamed mixture alternating with buttermilk. Fold in zucchini. Pour into 9 x 13-inch greased and floured pan. Sprinkle with chocolate chips and nuts (optional). Bake at 350° for 30 to 35 minutes. Can glaze cake with chocolate icing.

Lois Petree

GERMAN SWEET CHOCOLATE CAKE

1 (4 oz.) pkg. German sweet chocolate
1/2 c. boiling water
1 c. butter
2 c. sugar
4 egg yolks
1 tsp. vanilla
2 1/4 c. flour, sifted or 2 1/2 c. cake flour
1 tsp. soda
1/2 tsp. salt
1 c. buttermilk
4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, one at a time, beating well after each. Blend in vanilla and chocolate. Sift together flour, soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten egg whites. Pour into 3 greased and floured 9-inch pans. Bake at 350° for 30 to 35 minutes. Cool. Frost tops only.

Frosting:

1 c. evaporated milk
1 c. sugar
3 slightly beaten egg yolks
1/2 c. butter
1 tsp. vanilla

Combine. Cook and stir over medium heat until thickened, about 12 minutes. Add 1 1/3 cups Angel Flake coconut and 1 cup nuts. Cool until thick enough to spread, beating occasionally. Makes 2 1/2 cups.

Kelly Brack

FUDGE CHOCOLATE CAKE

2 c. sugar
2 c. flour
1 stick oleo
1/2 c. Crisco
4 Tbsp. cocoa
1 c. water
1/2 c. buttermilk
2 eggs, slightly beaten
1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla

Preheat oven to 400°. Sift together flour and sugar. Put oleo, Crisco, cocoa and water in a saucepan. Boil for 1 minute and pour over sugar and flour mixture. Add remaining ingredients. Mix well and pour into a greased and floured 11 x 16-inch pan. Bake about 20 minutes or until center is firm. Make Icing while cake bakes.

Icing:

1 stick oleo
4 Tbsp. cocoa
1 tsp. vanilla
6 Tbsp. milk
1 box powdered sugar
1 c. coconut (optional) or pecans or both

Melt together oleo, milk and cocoa in a saucepan. Boil 1 minute. Remove from heat and sift in the powdered sugar. Add vanilla and coconut and/or pecans, if desired. Pour on cake while still hot. Enjoy.

Audrey Woodall

CHOCOLATE CHIP CAKE

1 pkg. dark chocolate cake mix
1 (3 1/4 oz.) pkg. instant chocolate pudding
1/2 c. vegetable oil
4 eggs
1 c. sour cream
1/2 c. warm water
1 1/2 c. chocolate chips

In a large bowl, combine all ingredients except chips. Beat 4 minutes. Fold in chips. Bake in a well-greased and floured Bundt pan at 350° for 55 to 60 minutes. Sprinkle with powdered sugar.

Alice S. Thomas

BANANA PINEAPPLE BUNDT CAKE

1 1/4 c. cooking oil
2 eggs
1 (8 oz.) crushed pineapple, undrained
1 tsp. vanilla
1 tsp. salt
3 medium bananas, sliced
2 c. sugar
3 c. flour
3/4 c. nuts
1 tsp. soda
1 tsp. cinnamon

Preheat oven to 325°. Mix all ingredients (except the bananas) by hand. Do not use mixer. Gently fold in bananas, mixing well. Pour into Bundt or angel food pan that has been heavily greased and floured. Bake for approximately 75 minutes.

Thelma Williamson

BUTTERSCOTCH CRUMB CAKE

1 small pkg. butterscotch instant pudding mix
1/2 tsp. maple or rum extract (optional)
1 pkg. yellow cake mix
1/3 c. oil
4 eggs
1 (1/2 pt.) c. sour cream

Combine all ingredients in large mixing bowl. Blend; beat at medium speed for 4 minutes. Pour into greased and floured 10-inch tube pan. Bake at 350° for 50 minutes. Carefully remove partially baked cake from oven. Sprinkle evenly with crumb topping mixture. Bake 10 to 15 minutes longer until cake pulls away from pan and tester comes out clean. Do not underbake. Cool in pan 10 minutes. Carefully remove from pan and cool upright.

Topping:

1/2 c. brown sugar
1/2 Tbsp. cinnamon
1/2 c. flour
1/4 c. softened margarine

Combine ingredients and cut in butter.

Betty Browers

VERY SMOOTH CHEESECAKE

1 c. graham cracker crumbs
3 Tbsp. oleo, melted
1 (10 oz.) pkg. frozen strawberries, thawed
1 envelope unflavored gelatin
1 (8 oz.) pkg. cream cheese, softened
3 Tbsp. sugar
1/4 c. cold water
1/2 c. sugar
1 c. whipping cream, whipped
milk

Combine crumbs, sugar and oleo; press onto bottom of 9-inch spring-form pan. Bake at 325° for 10 minutes. Cool. Soften gelatin in hot water; stir over low heat until dissolved. Combine cream cheese and sugar, mixing at medium speed on electric mixer until well blended. Drain strawberries, reserving liquid. Add enough milk to liquid to measure 1 cup. Gradually add combined milk mixture and gelatin to cream cheese, mixing until blended. Chill until slightly thickened. Fold in whipped cream and strawberries; pour over crust. Chill until firm. Servings 10 to 12.

Lois Petree

BLUEBERRY CHEESECAKE

Crust:

2 c. graham cracker crumbs
1/4 c. butter, melted
1/2 c. sugar

Put graham cracker crumbs, butter and sugar in a 9 x 11 1/2-inch flat pan. Mix well and spread out in pan.

Cheesecake Filling:

3 eggs
1/2 c. sugar
8 oz. Philadelphia cream cheese
1 tsp. vanilla

Cheesecake Filling: Mix in mixer eggs, sugar, cream cheese and vanilla. Mix until real creamy and pour over crust. Bake at 375° for 15 minutes or less.

Take out and cool, then spread on 1 can blueberry pie filling. Top with 1 large carton Cool Whip. Put in refrigerator and chill. Serve in squares.

Alma Brammer

CARROT CAKE

3 c. all-purpose flour
2 tsp. ground cinnamon
1 tsp. soda
4 large eggs
1 tsp. vanilla extract
3/4 c. chunky applesauce
4 oz. chopped nuts, pecans or walnuts
2 c. sugar
2 tsp. baking powder
1 tsp. salt
1 1/4 c. salad oil
2 c. loosely packed, shredded carrots (5 medium size carrots)
1 (3 1/2 oz.) can flaked coconut

Preheat oven to 350°. Grease and flour 10-inch tube pan. In large bowl, with spoon, mix flour, sugar, cinnamon, baking powder, baking soda and salt. In small bowl with fork, beat eggs slightly; stir in salad oil and vanilla. Stir egg mixture, shredded carrots, applesauce, nuts and coconut into flour mixture just until flour is moistened. Pour batter into pan. Bake 1 hour or until toothpick inserted in center of cake comes out clean. Cool cake in pan or wire rack, 10 minutes; remove cake from pan. Cool completely on rack.

Cream Cheese Frosting:

1 (3 oz.) pkg. cream cheese, softened
3 Tbsp. butter or margarine, softened
1 tsp. vanilla
about 1/2 box powdered sugar
milk (enough to make a smooth frosting)

In small bowl with mixer at medium speed, beat cream cheese, butter or margarine and vanilla. Gradually add powdered sugar and enough milk to make a smooth frosting.

Freda Benton

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It takes both rain and sunshine to make a rainbow.

NO-FUSS BANANA CAKE

2 ripe bananas
2 eggs, slightly beaten
1/3 c. vegetable oil
1 (18 1/2 oz.) pkg. banana cake mix
1 tsp. vanilla
1 c. chopped nuts
1 Tbsp. vinegar
1 tsp. soda

Preheat oven to 350°. In a Bundt or angel food cake pan, mash bananas with fork. Add eggs, oil, vinegar and vanilla. Beat with fork. Stir in baking soda. Stir in cake mix and nuts. Bake about 35 minutes or until toothpick inserted in center comes out clean. Cool on rack for 10 to 15 minutes. While still warm, frost with Lemon Frosting.

Lemon Frosting:

1/3 c. butter, softened
1 Tbsp. lemon juice
1 1/2 c. powdered sugar

Mix butter, lemon juice and powdered sugar until smooth. Frost No-Fuss Banana Cake while still warm. Serves 8 to 10.

Jeanne McGilliard

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Laughter is the shock absorber that eases the blows of life.

OLD-FASHIONED BANANA CAKE

1 pkg. Duncan Hines Deluxe II banana supreme cake mix
3/4 tsp. baking powder
1 1/2 c. mashed firm bananas (about 3 medium bananas)
3 eggs
1/2 c. water
1/3 c. oil
1/2 c. chopped nuts

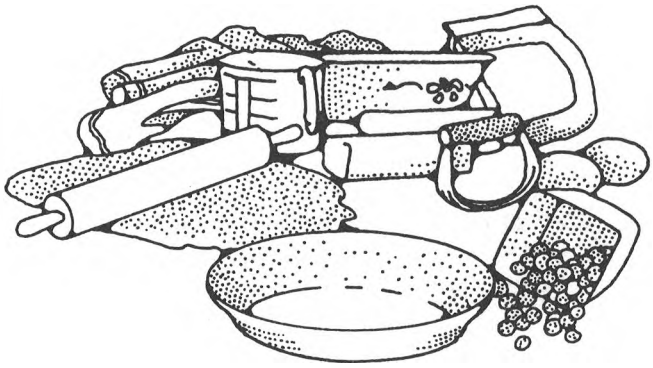
Topping:

1/2 c. sugar
1/2 c. flour
1/4 c. (1/2 stick) butter or margarine, softened

Preheat oven to 350°. In a large bowl, combine dry cake mix, baking powder, mashed bananas, eggs, water, oil and nuts. Blend at low speed until completely moistened, about 1 minute. Beat 2 minutes at medium speed. Spread batter in a greased and floured 13 x 9 x 2-inch pan.

Topping: In a medium bowl, combine the sugar, flour and softened butter with a fork or pastry blender. (Mixture will be crumbly.) Sprinkle evenly over batter. Bake at 350° for 40 to 45 minutes until center springs back when touched lightly.

Velma Bauman



APPLESAUCE CAKE

1/2 c. Crisco
1 1/2 c. sugar
2 beaten eggs
1 c. unsweetened applesauce
2 c. flour
1/4 tsp. salt
1/2 c. chopped walnuts
1 tsp. baking powder
1/2 tsp. soda
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
1/2 c. chopped raisins

Cream sugar and shortening; add eggs and beat well. Add applesauce alternately with sifted dry ingredients. Beat smooth and fold in nuts and raisins. Bake in greased and floured tube pan at 350° for 45 to 60 minutes. Frost with quick Butterscotch Frosting.

Quick Butterscotch Frosting:

1 c. brown sugar
3 Tbsp. Crisco
2 Tbsp. butter
1/4 tsp. salt
1/4 c. milk
1/2 c. powdered sugar

Combine brown sugar, Crisco, butter and salt and bring to a boil, stirring constantly. Add milk and boil slowly for 3 minutes. Cool. Add powdered sugar and beat until thick enough to spread.

Jessie May Hines

FRESH APPLE CAKE

1 1/2 c. flour
2 apples, chopped fine
1 tsp. soda
pinch of cinnamon
1/2 c. Wesson oil
1 c. chopped pecans
1 c. sugar
1/4 tsp. salt
1 tsp. vanilla
1 egg

Mix all dry ingredients; add to Wesson oil and egg. Add apples and chopped nuts. Bake at 375° for 30 minutes in greased baking dish.

Bobbie White

CHERRY CHEESECAKE

2 (8 oz.) pkg. cream cheese, softened
3/4 c. sugar
2 eggs
1 Tbsp. lemon juice
1 tsp. vanilla
1 Tbsp. cherry pie filling

Beat together cream cheese, sugar, eggs, lemon juice and vanilla until light and fluffy. Line small muffin pans with 24 paper cups. Place a vanilla wafer in bottom of each. Fill cups 2/3 full with cheese mixture. Bake at 375° for 15 to 20 minutes or just until set. Top each with about 1 tablespoon cherry pie filling. Chill.

Martha Sadler

MIRACLE CHEESE CAKE

1 lb. graham crackers
3/4 c. melted margarine
1 (3 oz.) pkg. lemon jello
1 (8 oz.) pkg. cream cheese
1 c. chilled Milnot, whipped
1 c. boiling water
1 c. sugar
1 tsp. vanilla

Crumble graham crackers and mix with melted margarine. Press 2/3 of mixture onto bottom and sides of 9 x 13-inch dish. Refrigerate until ready for filling. Dissolve jello in boiling water. Set aside to cool. Cream together cheese, sugar and vanilla. Add jello and mix well. Fold whipped Milnot into jello mixture. Pour into graham cracker crust and sprinkle remaining crumbs on top. Chill several hours. Serves 12.

Ann Lorah

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A friend is one who knows all about you and still likes you.

EARTHQUAKE CAKE

1 c. chopped pecans
1 c. coconut
1 German chocolate cake mix
1 stick margarine
8 oz. cream cheese
1 (1 lb.) box powdered sugar
1 tsp. vanilla

Spray Pam on bottom of 9 x 13-inch cake pan. Sprinkle chopped pecans and coconut on bottom of pan. Mix cake mix according to directions and pour on top of nuts and coconut. Mix together margarine, cream cheese, powdered sugar and vanilla. Drop cream cheese mix by spoonfuls on top of cake batter. Bake at 350° for 50 minutes.

Jo Nan Avery

DIABETIC CAKE

1/2 c. oleo
1 egg, beaten
1/4 tsp. cloves
1 1/2 c. unsweetened applesauce
2 c. flour
1/3 c. sprinkle sweet
1 c. dates or raisins
1/2 tsp. cinnamon
2 tsp. soda
1 tsp. vanilla

Mix dry ingredients, flour, soda, cloves and cinnamon. Mix all other ingredients, applesauce, soft oleo, beaten egg, dates or raisins and add dry ingredients. Add 1 cup chopped nuts. Bake in buttered loaf pan at 350° for 1 hour or until done in center. Do not ice.

Nettie Spradlin

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Overweight is often just desserts.

CHRISTMAS CAKE

3 c. sugar
1/4 tsp. salt
2 sticks margarine
1/2 c. Crisco
5 eggs
3 c. flour
1 c. pecans (in halves)
1 (5 1/2 oz.) can evaporated milk with enough water to make 1 c.
3 Tbsp. vanilla, butter and nut flavoring
1 c. maraschino cherries, cut into 1/4 each

Cream together sugar, salt, margarine and Crisco. Add eggs, one at a time, beating after each addition. Add flour and evaporated milk with enough water to make 1 cup. Add flavoring, pecans and cherries. Don't preheat oven. Pour into a greased and floured tube pan. Bake at 300° in an electric oven or 325° in a gas oven. Bake for 1 hour and 45 minutes.

Marie Haines

OLD GLORY CAKE

1 (21 oz.) can cherry pie filling or 2 qt. fresh strawberries, sliced
1 (21 oz.) can blueberry pie filling

Spread blueberry pie filling over a rectangle in one corner. Dot 13 white icing stars in a circle on blue background. Arrange cherry pie filling or strawberry slices across remainder of cake to form seven strips. Fill in borders and 8 white strips with frosting. Makes 1 (9 x 13-inch) sheet cake (frosted white).

Jeanne McGilliard

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A clean conscience is a soft pillow.

UGLY DUCKLING PUDDING CAKE

1 pkg. yellow cake mix
1 (4 serving size) pkg. lemon flavored instant pudding
1 (16 oz.) can fruit cocktail (including syrup)
1 c. coconut
4 eggs
1/4 c. oil
1/2 c. firmly packed brown sugar
1/2 c. chopped pecans (optional)
Butter Glaze

Blend all ingredients except brown sugar, nuts and Butter Glaze in large mixer bowl. Beat 4 minutes at medium speed of electric mixer. Pour into greased and floured 13 x 9-inch pan. Sprinkle with brown sugar and nuts. Bake at 325° for 45 minutes or until cake springs back when lightly pressed and pulls away from sides of pan. Do not overbake. Cool in pan for 15 minutes. Spoon hot Butter Glaze over warm cake. Serve warm or cool with Cool Whip, if desired.

Butter Glaze:

1/2 c. butter or margarine
granulated sugar
evaporated milk
1 1/2 c. coconut
1 c. pecans

Combine butter or margarine, granulated sugar and evaporated milk in saucepan; boil 2 minutes. Stir in coconut and pecans.

Mildred Adair

E–Z COFFEE CAKE

Rhodes dough rolls
melted butter
cinnamon sugar
chopped nuts

Grease Bundt pan. Roll dough rolls in melted butter, then in cinnamon sugar. Sprinkle chopped nuts in bottom of Bundt pan. Add 1/2 of dough rolls into pan. Repeat. Follow package recipe for baking. Let dough rise at room temperature to desired size (1 to 2 hours). Place pan in preheated 350° oven and bake for 25 to 30 minutes or until golden brown. (If prepared the night before, leave at room temperature. Rolls will be ready to bake the following morning.)

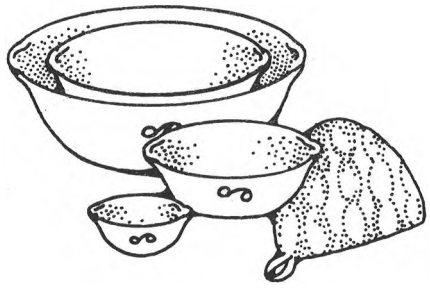
Mary Virginia Godlove

MAGIC WINDOW COOKIES

1 c. sugar
2 1/2 c. all-purpose flour
about 5 rolls (about .79 oz. each) ring shaped hard candy (can use Christmas or any other hard candy)
1 tsp. baking powder
3/4 c. shortening (part butter or margarine), softened
1 tsp. salt
2 eggs
1 tsp. vanilla or 1/2 tsp. lemon extract

Mix sugar, shortening, eggs and vanilla. Stir in flour, baking powder and salt. Cover and refrigerate at least 1 hour. Roll dough 1/8-inch thick on lightly floured cloth-covered board. Cut into desired shapes with cookie cutters. Place cookies on aluminum foil-covered cookie sheet. Cut out designs from cookies using smaller cutters or your own patterns. Place whole or partially crushed candy in cutouts, depending on size and shape of design. (To crush candy, place between paper towels and tap lightly. As candy melts easily, leave pieces as large as possible.) If cookies are to be hung, make a hole in each 1/4 inch from top with end of plastic straw. Heat oven to 375°. Bake until cookies are very light brown and candy is melted, 7 to 9 minutes. If candy has not filled out cutout design, immediately spread with metal spatula. Cool completely on cookie sheet. Gently remove cookies. Makes about 6 dozen (3-inch) cookies.

Kae Stratmoen



BUTTER PECAN TURTLE COOKIES

Crust:

2 c. flour
1 c. firmly packed brown sugar
1/2 c. butter, softened

Mix flour, brown sugar and butter at medium speed until particles are fine. Pat into 13 x 9 x 2-inch ungreased pan.

Caramel Layer:

2/3 c. butter
1/2 c. firmly packed brown sugar

Combine butter and brown sugar in a heavy saucepan. Stir constantly on medium heat until entire surface boils. Boil 1/2 to 1 minute.

Put 1 cup of pecan halves on top of crust. Pour caramel syrup on top. Bake 18 to 22 minutes at 350° until caramel is bubbly and crust is light golden brown. Remove from oven and sprinkle 12 ounces of chocolate chips over crust. Let melt, then lightly swirl chips.

Hillary Ashton

TURTLE COOKIES

2 sq. chocolate, melted or 6 Tbsp. cocoa
1/2 c. butter or margarine
1 tsp. vanilla
2 beaten eggs
3/4 c. sugar
1 c. flour

Mix well and drop by teaspoonful into preheated waffle iron. Depending on the size of the waffle iron. You can bake 2 to 4 cookies at a time. Bake 1 minute; remove and cool. Makes 4 dozen cookies that resemble turtles when frosted.

Frosting:

1 Tbsp. cocoa or 1/2 sq. chocolate, melted
1/2 c. brown sugar
1/4 c. water
2 Tbsp. butter

Boil 3 minutes. Add vanilla to taste. Beat in 1 1/2 cups confectioners sugar.

Sharon Hamilton

YUMMY SUGAR COOKIES

1 c. sugar
1 c. margarine
2 eggs
1 tsp. salt
1 tsp. baking soda
1 c. powdered sugar
1 c. cooking oil
4 c. flour
1 tsp. cream of tartar
1 tsp. vanilla

In mixing bowl, combine the sugars, margarine, oil, eggs and vanilla. Mix well until creamy. Add the flour. Place dough in refrigerator to chill, then roll into small balls about 1 inch in diameter. Roll each ball in additional sugar and place on cookie sheet. Press with a fork to flatten. Bake at 350° until lightly browned.

Leta Smith

FRUIT PIZZA

slice and bake sugar cookies
8 oz. cream cheese
1 c. powdered sugar
fresh fruit (bananas, peaches, strawberries, pineapple rings, etc.)

Slice and bake sugar cookies on pizza pan. Mix cream cheese and powdered sugar and spread on cool crust. Layer fresh fruit on top. Chill and serve.

Janet Burnside

HOLIDAY UNBEATABLE COOKIES

2 c. confectioners sugar
1/2 c. unbeaten egg whites
1 c. chopped candied cherries
1/2 c. flour
1/2 tsp. baking powder
2 c. chopped pecans

Combine sugar, flour, baking powder and egg whites. Stir until blended. Add nuts and cherries and mix well. Drop by teaspoonfuls 2 inches apart on greased and floured cookie sheet. Bake at 350° for about 12 minutes. Let stand 2 minutes, then remove from pan.

Magdalene Barnes

DIET COOKIES

2 eggs
2 Tbsp. brown Sweet 'N Low (it comes in 3.5 oz. box)
1/4 tsp. salt
1 tsp. baking powder
1 c. butter or oleo
2 c. flour
2 c. oatmeal (quick oats)
1/2 tsp. soda
1 tsp. cinnamon

Mix eggs, butter and Sweet 'N Low and set aside. Mix the flour, oatmeal, salt, soda, baking powder and cinnamon. Mix both mixtures together and add 1 cup chopped dates or raisins and 1 cup chopped pecans. Add enough sweet milk to make soft dough. Drop by spoon on greased cookie sheet. Bake 12 to 15 minutes in 350° oven.

Nettie Spradlin

SURPRISE PEANUT BUTTER COOKIES

1 c. creamy peanut butter
1 c. white sugar
1 egg

Mix together; roll into balls size of pecan. Grease cookie sheet. Flatten balls with fork. Bake at 375° for 8 to 10 minutes. Let cool 5 minutes. Makes 3 dozen.

Jean Ray

CHRIS' FANTASTIC PEANUT BUTTER COOKIES

1/2 c. peanut butter
1/4 c. powdered milk
1/4 c. wheat germ
1 Tbsp. honey

Mix all the ingredients together. Shape into balls. Crush 1/2 cup Wheat Chex. Roll peanut butter balls in Wheat Chex and eat!

Christopher Cueva

PEANUT BUTTER COOKIES WITHOUT FLOUR

2 c. peanut butter
2 c. sugar
2 eggs
2 tsp. soda

Combine all ingredients and mix well. Dip by teaspoon and make into balls. Put on cookie sheet. Bake 8 minutes at 350°. Let them cool on cookie sheet for 5 minutes and remove with spatula. They are very tender.

Louise English

RANGER COOKIES

1 c. butter
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. soda
1/2 tsp. baking powder
2 c. oatmeal
2 c. Rice Krispies
1 c. coconut
2 c. flour
1/2 tsp. salt
1/2 c. chopped nuts

Mix and mold by hand into small balls. Flatten out and place on cookie sheet. Bake in moderate oven.

Jessie May Hines

CHEWY COCONUT RAISIN NUT COOKIES

1 c. packed brown sugar
1/2 c. granulated sugar
1/2 c. margarine or butter, softened
2 c. all-purpose flour
2 c. Raisin Nut Bran cereal
1/2 tsp. vanilla
2 eggs
1/4 tsp. salt
1 tsp. baking soda
1 1/2 c. flaked or shredded coconut

Heat oven to 375°. Mix sugars, margarine, vanilla and eggs in large bowl. Stir in remaining ingredients. Shape dough by teaspoonfuls into balls. Place on ungreased cookie sheet. Bake until light brown, 8 to 10 minutes. Cool 1 minute before removing from cookie sheet. Makes about 4 1/2 dozen cookies.

Mary Virginia Godlove

COCONUT OATMEAL COOKIES

2 c. flour
1 tsp. baking soda
2 c. sugar
1 tsp. almond extract
1 c. instant oatmeal
1 tsp. baking powder
1 c. margarine
2 tsp. vanilla
2 eggs
1 1/2 c. coconut

Cream margarine, sugar, vanilla, almond extract and eggs. Add flour, baking powder and baking soda; beat well. Then add oatmeal and coconut; mix well. Drop by teaspoonfuls on ungreased cookie sheet and bake at 350° for 10 to 12 minutes. Watch closely.

Carin Ladayne

OATMEAL COOKIES THAT STAY SOFT

(Taken From Potluck, UMW Cookbook Of 1982)

1 c. raisins
1 c. water
1 c. sugar
1 c. shortening
2 eggs
2 c. oatmeal
1 tsp. vanilla
2 c. sifted flour
1/2 tsp. salt
1 c. pecans, in broken pieces
1 tsp. soda
4 Tbsp liquid from raisins

Cook raisins in water 5 minutes. Drain, reserving 4 tablespoons liquid and set aside to cool. Cream sugar and shortening. Add eggs. Dissolve soda in liquid from raisins and add to the mixture, alternately with additions of flour and salt. Add vanilla, nuts, raisins and oatmeal and blend thoroughly. Drop by teaspoonful on ungreased cookie sheet. Bake at 350° for 10 to 12 minutes or until lightly browned. Yield: Approximately 65 cookies.

Lameda Robertson

NUTTY NUGGETS OR SNOWBALLS

7/8 c. flour
1/2 c. butter or margarine
1 c. chopped pecans
2 Tbsp. white sugar
1/8 tsp. salt
1 tsp. vanilla

Sift flour and measure. Cream butter or margarine; add sugar and blend thoroughly. Add flour, nuts, salt and flavoring. Stir until thoroughly mixed. Place on lightly greased cookie sheet and bake for 15 minutes at 350°. Remove from oven; cool 3 minutes and roll in a generous amount of powdered sugar. When cool, roll again in powdered sugar.

Mavis Allen

GRANDMA LUCY'S ENERGY COOKIES

1 can sweetened condensed milk
1 (12 oz.) pkg. chocolate chips
2 Tbsp. butter
1 c. flour

Melt chocolate chips. Add butter and milk. Mix. Add flour. Stir until well blended. Roll into balls and place on cookie sheet. Bake for 5 minutes at 350°.

Melany Cueva

BROWN SUGAR SPICE COOKIES

3/4 c. each white and brown sugar
1 c. shortening
3 eggs, slightly beaten
1 tsp. salt
1 tsp. cinnamon
1 Tbsp. nutmeg
2 1/2 c. flour
1 c. raisins (stew first and use juice in liquid)
1 1/2 tsp. soda, dissolved in 1/4 c. raisin juice
1 c. chopped nuts
1 tsp. vanilla

Cream together white and brown sugar and shortening. Add eggs, salt, cinnamon, nutmeg, flour, raisins, soda, nuts and vanilla. Drop by teaspoon onto ungreased cookie sheet. Bake at 400° until light brown, 8 to 10 minutes.

Mollie Burton

CATHEDRAL COOKIES

1 (12 oz.) pkg. chocolate chips
4 Tbsp margarine or butter
1 tsp. vanilla
powdered sugar (for rolling)
1 large pkg. assorted colored miniature marshmallows
dash of salt (optional)
2 eggs
1 1/2 c. chopped nuts

Melt chocolate chips and margarine over water in top of double boiler if cooking on gas stove. If electric, heat in pan over low heat. Stir frequently. When melted, cool. Add slightly beaten eggs and cook 3 minutes over heat as before. Cool. Add marshmallows, nuts, vanilla and salt, if desired. Prepare 3 pieces wax paper sprinkled liberally with sifted powdered sugar. Divide mixture into 3 parts to make 3 rolls. Roll each part in powdered sugar and wrap up with wax paper. Place in refrigerator at least 12 to 14 hours. Slice when ready to serve. Keeps well in refrigerator. Makes approximately 3 dozen.

Christina Swanson

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If you have knowledge, let others light their candles at it.

BITS 'O BRICKLE COOKIES

6 oz. pkg. Bits 'O Brickle (Heath, 1 c.)
1 1/2 Tbsp. liquid shortening
6 Tbsp. flour, unsifted
1/2 c. butter
6 Tbsp. sugar
6 Tbsp. brown sugar, packed
1/2 tsp. vanilla
1 egg
1/2 tsp. salt
1/2 tsp. baking soda
1 1/4 c. plus 2 Tbsp. flour, unsifted

Preheat oven to 325°. In a small bowl mix Bits 'O Brickle with liquid shortening until evenly coated, then stir in 6 tablespoons flour until well coated; set aside. In a large bowl combine sugar, brown sugar and vanilla; beat until creamy. Beat in egg. Gradually add salt, baking soda and flour; mix well. Stir in coated Bits 'O Brickle. Drop by rounded teaspoonfuls onto greased cookie sheets. Bake at 325° for 10 to 12 minutes. Makes 50 (2-inch) cookies.

Jessie May Hines

GOOD FORTUNE ALMOND COOKIES

2 3/4 c. flour
1 c. white sugar
1/2 tsp. baking soda
1 c. softened butter
1 egg, beaten
1 tsp. almond extract

Mix flour, sugar and baking soda. Work butter into mixture. Stir in beaten egg and almond extract. Form dough into round balls. Place on cookie sheet and flatten with the bottom of a glass. Place 1 whole almond on top of each cookie (optional). Bake at 325° for 15 minutes.

Melany Cueva

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Tis what we do, not what we say, that makes us worthy of His Grace.

DISHPAN COOKIES

2 c. brown sugar
2 c. oil
1 Tbsp. vanilla
4 c. corn flakes
2 c. oatmeal
4 c. flour
1 c. raisins (optional)
2 c. white sugar
4 eggs
2 tsp. soda
1/2 tsp. salt
2 c. coconut
1 c. nuts

Cream in large bowl sugars, oil, eggs and vanilla. Mix in remaining ingredients. The dough will be thick. Drop by spoonfuls onto greased cookie sheet. Bake at 350° for 10 to 12 minutes. Be careful not to overcook. Makes 12 dozen.

Betty Browers

MACADAMIA COOKIES

2 cubes unsalted sweet butter
1 c. white sugar
1 heaping tsp. vanilla
2 eggs
2 c. sifted flour
1 tsp. baking powder
1 tsp. baking soda
2 1/2 c. instant oatmeal
8 oz. jar Macadamia nuts

Beat unsalted sweet butter. Add white sugar and vanilla. Beat eggs until stiff and add to mixture. Mix flour, baking powder and baking soda. Add to mixture. Add instant oatmeal to mixture. Crush Macadamia nuts in blender and add to mixture. Add white chocolate. Drop by teaspoons on cookie sheet. Bake at 300° for 10 minutes (check oven, may cook faster).

Alma Little

ORANGE NO-BAKE COOKIES

1 (12 oz.) pkg. vanilla wafers, crushed fine
1 stick margarine
1 (6 oz.) frozen orange juice, partly thawed
1 box powdered sugar

Add these ingredients one at a time. Blend well. Form into balls and roll in coconut. (These keep several months in an airtight can.)

Martha Smith

CHOCOLATE NO BAKE COOKIES

2 c. granulated sugar
1 stick butter or margarine
1/2 c. crunchy peanut butter
3 c. quick raw oats
1/2 c. cocoa
1/2 c. milk
dash of salt
1 tsp. vanilla

Boil together sugar, cocoa, milk, salt, butter or oleo and peanut butter for 1 1/2 minutes. Remove from fire and add vanilla. Quickly stir oats into mix. Drop by teaspoonfuls onto wax paper. Cool and store.

Jeanne McGilliard

SARAH'S NO BAKE COOKIES

1/2 c. sugar
1 tsp. vanilla
1/2 c. Karo syrup
1 Tbsp. butter

Melt all items in pan and add 1 cup peanut butter. Pour over 5 cups cornflakes. Make into balls. Arrange on cookie sheet until firm.

Sarah Dickens

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Strange how one's thoughts turn to food when there is nothing else to think of.

SWEDISH MANDEL KRANS

(Also Sprits)

1 lb. margarine or butter
1 1/2 c. sugar
2 eggs
1 c. ground nuts
4 to 4 1/2 c. flour
1 to 2 tsp. almond extract

Cream margarine and sugar. In separate bowl, beat egg whites until stiff; add yolks and beat until thick and frothy. Add eggs and extract to first mixture; mix thoroughly. Then, add flour and nuts, mixing well. (Test dough to be sure it is thick enough to handle, something like bread dough.) Chill in refrigerator before baking in 350° oven. Dough may be measured by rounded teaspoonful and flattened with a fork on ungreased cookie sheets. (Dough may also be rolled by hand, a small amount at a time, to form "S" shape and baked.) Dough may also be put through cookie gun, but without nuts, adding different food colorings and flavors and then baked. Store in tins with tight lids. Will keep for several weeks. One-half recipe will make approximately 7 dozen "S" shaped cookies.

Recipe given to me by Josie Brown, a Swedish friend in Holdrege, Nebraska, from War II days.

Mary Belle Ellis

LOW CHOLESTEROL RAISIN OATMEAL COOKIES

1 c. flour
1/4 tsp. cinnamon
2 egg whites, beaten slightly
1/3 c. oil
1 c. raisins
1/2 tsp. soda
1 1/2 c. Quick oatmeal
1 c. brown sugar
1/2 c. skim milk
1 tsp. vanilla

Sift flour, soda and cinnamon. Stir in oats. Combine egg whites, sugar, oil, milk, vanilla and raisins and add to flour mixture. Mix well. Drop by teaspoon on oiled cookie sheet. Bake at 350° for 12 to 15 minutes.

Alma Little

RAISIN NUT CEREAL BARS

1/4 c. margarine or butter
3 c. miniature marshmallows
1/2 tsp. ground cinnamon
5 1/2 c. Raisin Nut Bran cereal

Butter square pan, 9 x 9 x 2-inches. Heat margarine, marshmallows and cinnamon in 3 quart saucepan over low heat, stirring constantly until smooth; remove from heat. Stir in cereal until thoroughly coated. Pat into pan; cool. Cut into 2 1/2 x 1 1/2-inch bars. Yield: 24 bars.

Mary Virginia Godlove

STRAWBERRY BAVARIAN CROWN

2 (3 oz.) pkg. strawberry jello
2 (10 oz.) pkg. frozen strawberries
1 (10-inch) angel food cake
1 c. boiling water
2 c. whipping cream

Dissolve jello in boiling water, then add ice water. Chill until syrupy. Then beat until light and fluffy. Drain berries reserving the juice for glaze. Fold strawberries and whipped cream into jello. Remove all brown crust from the cake, then tear cake into small pieces. Layer jello mix and cake into angel food pan. Chill overnight.

Glaze:

1 c. strawberry juice
3 drops red food coloring
1 Tbsp. cornstarch
1 Tbsp. butter

Mix juice, food coloring and cornstarch. Boil until thickened. Add butter and cool. Unmold cake on serving plate and cover with the Glaze.

Hazel Cagle

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Inspiration comes of working every day.

PUMPKIN BARS

4 eggs
2 c. sugar
2 c. flour
2 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. cloves
1 c. oil
1 (15 oz.) can pumpkin
1 tsp. soda
1/2 tsp. salt
1/2 tsp. ginger
1/2 tsp. nutmeg

Bake in lightly greased 10 x 15-inch baking sheet at 350° for 20 to 25 minutes.

Icing:

2 (3 oz.) pkg. cream cheese, softened
1 Tbsp. milk
4 c. powdered sugar
1/2 c. margarine, softened
1 tsp. vanilla

Jo Nan Avery

MARDI GRAS SQUARES

1 pkg. German chocolate cake mix (18 1/2 oz.)
1 c. chopped pecans
1/2 c. canned milk
1 (14 oz.) caramels
1/3 c. canned milk
6 oz. pkg. chocolate chips

Mix in food processor cake mix, pecans and canned milk. Spread 1/2 of mixture in globs in 9 x 12-inch greased pan (dough is thick). Bake 2 minutes, then spread evenly. Bake 6 minutes more at 350°. Meanwhile, melt caramels and canned milk. Spread this over cake mix that you've baked. Sprinkle chocolate chips. Spread 2nd half of cake mix stuff on top, again in globs. Bake 2 minutes; spread evenly again and then bake 14 to 16 minutes longer at 350°. Chill. Cut into squares. Takes about 1 hour to make.

Sarah Bridges

LEMON SPONGE BARS

1 one step angel food cake mix
1 can lemon pie filling
1/2 c. lemon frosting

Mix together cake mix and lemon pie filling until smooth. Pour into a greased and floured jelly roll pan. Bake until golden, approximately 15 minutes. While still hot, frost with lemon frosting or buttercream frosting.

Judy Stiles

LEMON BARS

Crust:

1 c. butter or oleo, melted
dash of salt
1/2 c. powdered sugar
2 c. flour

Filling:

4 eggs, beaten
2 c. sugar
1/4 c. flour
6 Tbsp. lemon juice

Combine all crust ingredients and hand press in a 9 x 13-inch pan. Bake at 350° for 15 minutes and cool. Mix all filling ingredients and pour onto cooled crust. Bake at 350° for 30 minutes. Let cool and cut into squares. Sprinkle cooked cookies with powdered sugar. Yield: 3 dozen.

Louise Stanley

OLD-FASHIONED LEMON BARS

2 1/4 c. flour, divided
1/2 c. powdered sugar (plus some)
1 1/2 c. sugar
1 Tbsp. grated lemon peel
1/2 tsp. salt
1 c. unsalted butter
4 eggs
1/3 c. fresh lemon juice
1 tsp. baking powder

Preheat oven to 350°. Lightly grease 9 x 13 x 2-inch baking dish. In large bowl, combine 2 cups flour with 1/2 cup powdered sugar. With pastry blender, cut in butter until mixture resembles coarse bread crumbs. Pat evenly in pan. Bake 15 to 20 minutes. Remove to wire rack. In large bowl with electric mixer at medium speed, beat eggs until foamy. Add reserved 1/4 cup flour with remaining ingredients beating until smooth. Pour over partially baked crust. Bake 25 to 30 minutes longer or until lemon topping is set and lightly golden. Cool completely. Dust with powdered sugar. Cut into bars.

Garnetta Zwaan

LEMON LUST

graham cracker crust

Layer 1:

2 (8 oz.) pkg. cream cheese
1 c. Cool Whip
1 c. powdered sugar

Layer 2:

2 (8 oz.) pkg. instant lemon pudding mix
3 c. milk

Layer 3:

remaining Cool Whip

Start with a graham cracker crust.

Layer 1: Mix all ingredients and zap in microwave for a few minutes until softened. Mix well. Spread over crust and cool.

Layer 2: Mix well and spread over layer 1.

Layer 3: Top with Cool Whip and enjoy!

Ginny, Stan and Tim Voyles

KATIE'S NUTRITIOUS GRAPE SQUARES

3 c. grape juice (apple juice also tastes good)
3 envelopes gelatin

Measure 1 cup juice into a bowl that will hold 3 cups. Sprinkle gelatin evenly over 1 cup of juice and let stand. Measure 2 cups juice and place in microwave. Cook on High for 2 minutes. Stir. Repeat until the juice comes to a boil. Pour hot juice over gelatin mixture. Stir until the gelatin is completely dissolved. Pour into dish and refrigerate until jello is firm. Cut into shapes using your favorite or not so favorite cookie cutters.

Katie Cueva

DATE AND NUT SQUARES

3 well beaten eggs
3/4 c. sugar
1 lb. chopped dates
1 c. chopped nuts
5 Tbsp. flour
1 tsp. baking powder

Mix sugar with well beaten eggs. Dredge dates and nuts with flour and baking powder, coating well. Add to sugar-and-egg mixture and mix thoroughly. Pour into greased 8-inch or 9-inch square pan. Bake in 350° oven for 35 minutes. While still warm, cut in squares and sprinkle with white powdered sugar. If dough browns too quickly, cover with aluminum foil for remainder of baking time. Yields 25 to 36 squares.

Recipe given to me by a former Red Cross worker in England and wife and PX Manager during our tour in Germany following World War II.

Mary Belle Ellis

CHEWY BARS

4 eggs
1 1/2 c. flour
1 tsp. vanilla
1 box brown sugar
1/2 tsp. salt
1 c. chopped nuts

Heat oven to 350°. Mix all ingredients together. Pour into well-greased oblong pan (13 x 9-inches) and bake 45 minutes. While still hot, cut into bars. (Top may crack but that won't hurt.) Mix 1/2 box powdered sugar with 1/2 teaspoon vanilla and enough milk to make a thin glaze (but not real thin). Pour over bars, spreading so all are covered. It will run down into cuts. Let cookies cool before removing from pan. (The first 3 or 4 may be a bit hard to get out. Use spatula to get bars out easier.)

Margaret Schmidt

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The best way to serve leftovers is to someone else.

GLAZED CINNAMON BARS

1 c. butter or oleo
1 egg, separated
dash of salt
1/2 c. powdered sugar
1 c. brown sugar, packed
1 3/4 c. flour
3 tsp. cinnamon
1/2 to 1 c. chopped nuts

Combine butter, sugar, egg yolk and salt. Beat until creamy. Stir in flour and cinnamon. Mix well. Spread thick batter into lightly greased 15 x 10-inch pan. Beat egg whites until foamy. Stir in powdered sugar. Brush mixture over batter. Sprinkle with nuts. Bake 30 to 35 minutes at 350°. Cut into 48 bars while hot. Remove from pan and cool.

Margaret Schmidt

BROWNIES

1 c. margarine
1 c. sugar
4 eggs
1 c. plus 1 Tbsp. flour
1 (No. 1) can large chocolate syrup
1/2 c. chopped nuts

Beat margarine, sugar and eggs until light. Add alternately flour and chocolate syrup. Beat until smooth. Add nuts. Pour into greased pan (11 x 16-inches). Bake 30 minutes at 350°.

Chocolate Icing for Brownies:

6 Tbsp. margarine
1 1/2 c. white sugar
6 Tbsp. sweet milk for cream

Combine in saucepan; bring to a rolling boil (30 seconds). Remove from heat; add 1/2 cup chocolate chips. Stir until smooth; pour over brownies while hot.

Iva Laroache

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Be content with your lot; one cannot be first in everything.

COCOA BROWNIES

4 egg whites
1 tsp. vanilla
1/2 c. cocoa
1 1/4 c. all-purpose flour
1/2 c. Puritan oil
1 1/3 c. sugar
1/4 tsp. salt

Heat oven to 350°. Oil bottom of 9 x 9-inch pan; set aside. Place egg whites in large bowl and beat with spoon until slightly frothy. Add Puritan oil and vanilla. Mix thoroughly. Stir in sugar and cocoa and mix well. Stir in flour and salt until blended. Pour into pan. Bake for 26 to 28 minutes. Avoid overbaking. Cool completely before cutting.

Ione Roberts

YUMMY FUDGE BARS

2 c. Quick cooking oats
1 1/2 c. all-purpose flour
1 c. chopped pecans
1 c. firmly packed light brown sugar
1 1/2 c. candy coated chocolate pieces, divided
1 tsp. baking soda
1/4 tsp. salt
2 Tbsp. vegetable oil
1 c. butter or margarine, melted
1 (14 oz.) can sweetened condensed milk

Combine oats, flour, pecans, brown sugar, baking soda and salt; mix well. Add butter and mix until mixture resembles coarse crumbs. Reserve 1 1/2 cups crumb mixture; press remainder in a greased 15 x 10 x 1-inch jelly roll pan. Bake at 375° for 10 minutes. Remove from oven. Heat 2 tablespoons oil in a heavy saucepan. Add 1 cup chocolate pieces; continue cooking at low heat, stirring constantly. Press chocolate pieces with back of a spoon to break up. (The candies will almost be melted with pieces of color coating still visible.) Remove from heat; stir in condensed milk and mix well. Spread mixture over partially baked crust, leaving a 1/2-inch border on all sides. Combine reserved 1 1/2 cups crumb mixture and remaining 1/2 cup chocolate mixture and press lightly. Bake at 350° for 20 minutes or until golden brown; cool. Cut into bars. Yield: 4 dozen.

Barbara Bowman

BUTTERSCOTCH BROWNIES

1/2 c. vegetable oil
2 c. light brown sugar, packed
2 tsp. baking powder
1 tsp. vanilla
2 eggs
1 1/2 c. flour
1/2 tsp. salt
1 c. walnuts

Heat oven to 325°. Mix oil, sugar and eggs. Combine flour, baking powder and salt. Stir in. Mix in vanilla and walnuts. Spread in well-greased 9 x 13-inch pan. Bake for 25 minutes.

Judy Stout

FUDGE BROWNIES

1 1/2 c. flour
2 c. sugar
1/2 c. plus 2 Tbsp. cocoa
1 c. Crisco oil
4 eggs
2 tsp. vanilla
1 c. whole nuts

Place all ingredients in a mixing bowl; beat at medium speed for 3 minutes. Place in greased 9 x 13-inch pan. Bake at 350° for 30 minutes.

Marian Easley

APRICOT ALMOND BARS

3/4 c. butter or margarine, softened
1/2 c. sifted powdered sugar
1/4 tsp. almond extract
1 3/4 c. all-purpose flour
1/2 c. finely chopped almonds
1/4 tsp. salt
1 (21 oz.) can apricot pie filling
1/2 c. finely chopped candied fruit or dates
1/2 tsp. almond extract

Cream first 3 ingredients. Sift together flour, nuts and salt; add to creamed mixture. Mix until crumbly. Reserve 1 cup for topping; pat remaining into ungreased 13 x 9 x 2-inch baking pan. Combine apricot filling and remaining ingredients; spread over crumb layer. Top with reserved crumbs. Bake at 350° until golden brown, 30 to 35 minutes. Cut while warm. Makes 32.

Genevieve Meese

MAGIC COOKIE BARS

1/2 c. margarine or butter
1 1/2 c. graham cracker crumbs
1 (14 oz.) can Eagle Brand milk
1 (6 oz.) pkg. semi-sweet chocolate chips
1 c. chopped nuts
1 (3 1/2 oz.) can flaked coconut

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch baking dish, melt margarine in oven. Sprinkle crumbs over margarine; pour Eagle Brand evenly over crumbs. Top with remaining ingredients. Press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool. Chill thoroughly and cut into bars. Store loosely covered at room temperature.

Birdie Bowman

BLACK DEVILS

1 1/2 c. all-purpose flour
1/2 tsp. baking soda
1 c. granulated sugar
1/2 tsp. salt
1 tsp. vanilla extract
1/2 tsp. baking powder
1/4 c. unsweetened cocoa powder
1 c. water
6 Tbsp. oil

In a bowl, combine flour, baking powder, baking soda, cocoa, sugar and salt. In another bowl, combine water, vanilla and oil. Pour liquid ingredients into dry ingredients; stir well. Line muffin pan with cupcake liners. Spoon 2 tablespoons batter into each cup. Spoon 1 tablespoon filling in center of each cup. Bake at 350° for 20 minutes until toothpick comes out clean. You may spoon a little bit of batter over filling before baking cupcakes.

Filling:

4 oz. cream cheese
2 Tbsp. beaten egg
6 Tbsp. sugar
1/2 c. semi-sweet chocolate chips

Combine the cream cheese, egg, sugar and chocolate chips. Mix well.

Brenda Aust

TOFFEE BARS

2 sticks butter or oleo
2 c. flour
1 tsp. vanilla
3/4 c. nuts, chopped
1 c. sugar
dash of salt
1 egg yolk

Mix butter, sugar, flour, salt, vanilla and egg yolk. Pat in greased and floured cookie sheet with a small rim. Brush with beaten egg white. Sprinkle with chopped nuts and press nuts in. Cook at 275° for 1 hour and 10 minutes. Cut in narrow strips while hot. Let cool and store in airtight container. These freeze well.

Louise Stanley

SAND TORTE

1 c. soft butter
3 c. sugar
6 eggs
1 c. commercial sour cream
3 c. all-purpose flour
1/4 tsp. baking powder
1 1/2 tsp. vanilla

In a large bowl of an electric mixer, cream the butter and blend in the sugar. Add eggs, one at a time, beating well after each addition. Blend in sour cream. Sift flour; measure and sift again with baking powder. Add flour mixture. Blend together and add vanilla. Pour batter into well-greased Bundt pan and bake at 350° for 1 hour and 25 minutes. Bake until test comes out clean.

Magdalene Barnes

EASY BLACKBERRY COBBLER

1/2 c. butter or margarine
1 c. flour
2 tsp. baking powder
1 1/2 c. sugar
3/4 c. milk
2 to 2 1/2 c. berries
1/2 c. water

Melt butter in baking dish. Mix flour, baking powder, 1 cup sugar and milk. Pour over melted butter in baking dish. Put berries on batter. Sprinkle with remaining sugar. Pour the water over the berries. Bake at 350° for 50 minutes. (I often use frozen blackberries and double the recipe.)

Ella Mackey

OREO SMUSH

1 stick butter
1 (19 oz.) pkg. Oreo cookies, crushed
1/2 gal. vanilla ice cream, softened
2 jars fudge sauce
1 large carton Cool Whip

Melt butter in 9 x 13-inch pan. Mix Oreo crumbs (save 1/2 cup) with butter in pan to make crust. Spread softened ice cream over crust; add layer of fudge sauce. Top with Cool Whip. Sprinkle 1/2 cup Oreo crumbs on top. Freeze until ready to serve.

Kelly Brack

BLUEBERRY DELIGHT

2 sticks butter, melted
2 c. flour
1 c. pecans
8 oz. cream cheese
1/2 box powdered sugar
1 (8 oz.) carton Cool Whip
1 c. sugar
2 Tbsp. cornstarch
1 c. water
1 Tbsp. lemon juice
2 c. fresh or frozen blueberries

Mix butter, flour and pecans. Pat into a 9 x 13-inch pan. Bake at 350° for 30 minutes. Cool. Mix cream cheese, Cool Whip and powdered sugar. Spread over cooled crust. Cook sugar, cornstarch, water, lemon juice and blueberries until thickened. Cool. Spread over cream cheese filling. Refrigerate until serving time. This is also good with strawberries.

Kelly Brack

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Gossip is the art of saying nothing in a way that leaves nothing unsaid.

SWEDISH TEA RING

1 c. scalded milk
1/4 c. sugar
1 yeast cake, softened in 1/4 c. warm water and 1 Tbsp. sugar
3 1/2 c. flour
3/4 tsp. salt
6 Tbsp. shortening
1 egg

Add scalded milk to the salt, sugar and shortening. When lukewarm, add the yeast mixture. Add 1/2 the flour and beat well. Let rise until very light. When light, add the egg and remaining flour and beat well. Let rise. Turn onto lightly floured board and knead lightly. Roll dough into rectangle 1/4-inch thick. Brush with melted butter or margarine and spread with Raisin Filling. Roll as for jelly roll. Spread on greased baking sheet. Draw ends together to make a ring. With scissors, cut almost through the ring at 1-inch intervals, turning each piece with the cut side down. Brush with melted butter and let rise. When light, bake in hot oven (400°) for 12 to 15 minutes. While hot, glaze with thin icing made from 1/2 cup confectioners sugar and 2 to 3 teaspoons water.

Raisin Filling:

3/4 c. raisins
1 tsp. cinnamon
1/2 c. coarsely broken pecans
1/2 c. packed brown sugar

Mix thoroughly and use for Swedish Tea Ring.

Ann Lorah

STRAWBERRY/RASPBERRY TRIFLE

2 pkg. ladyfingers
1/2 c. Kirschwasser
1/4 c. raspberry jam
1 pt. vanilla pudding
whipped cream or Cool Whip
about 2 c. fresh strawberries and raspberries (frozen may be substituted), sweetened

Line bowl with ladyfingers. Sprinkle with Kirschwasser and spread with raspberry jam. Layer with berries, then pudding. Cover with whipped topping. Seal with plastic wrap and refrigerate several hours.

Freda Benton

PUMPKIN APPLE STREUSEL MUFFINS

2 1/2 c. flour
2 c. sugar
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves
2 c. peeled, finely chopped apples
1 tsp. baking soda
1/2 tsp. salt
2 eggs, lightly beaten
1 c. pumpkin
1/2 c. oil

In large bowl, combine first 7 ingredients. In medium bowl combine eggs, pumpkin and oil. Add liquid ingredients to dry ingredients and stir just until moistened. Stir in apples. Spoon batter into greased or paper lined muffin cups. Fill 3/4 full and sprinkle Streusel Topping over batter. Bake at 350° for 35 to 45 minutes.

Streusel Topping:

2 Tbsp. flour
1/2 tsp. cinnamon
1/4 c. sugar
4 tsp. butter

Mix until crumbly. Yield: 24 big muffins.

Lois Petree

NO COOKING PINEAPPLE DESSERT

1 c. powdered sugar
2 egg yolks, beaten well
1 small can crushed pineapple, drained well
1 small box crushed vanilla wafers
1/2 c. butter
1/2 c. chopped nuts
1 c. whipped cream

Butter pan well and line pan with crushed vanilla wafers. Cream butter and powdered sugar. Add beaten egg yolks. Add nuts and drained pineapple. Whip cream and fold into mixture. Chill overnight. May be covered with more crumb mixture, if desired.

Jeanne Hill

CREAM PUFFS

1 c. water
1/2 c. Crisco oil
1/2 tsp. salt
1 c. sifted flour
4 eggs

Heat water to boiling. Add Crisco oil and salt. Stir in flour all at once. Beat rapidly over low heat until mixture leaves side of pan and forms a ball; remove from heat. Beat in eggs, one at a time. Beat hard after each egg is added until mixture is shiny and smooth; mixture should be thick. Drop by tablespoonfuls on ungreased baking sheet about 2-inches apart. Bake in hot oven at 450° for about 20 minutes, then reduce heat to moderate oven (350°) and bake about 20 minutes; cool slowly away from drafts. To serve, cut off tops with sharp knife and fill with ice cream, custard, pudding, whipped cream, etc.; top with chocolate sauce or dust with confectioners sugar. Makes 12 large puffs or 24 small puffs.

Note: Puffs may be filled with chicken or meat salad or with creamed fish or chicken.

Note: May place pudding or filling in pastry bag and insert in cream puff.

Marian Easley

MAGIC MARSHMALLOW ROLLS

1/4 c. sugar
1 tsp. cinnamon
16 large marshmallows
1/2 c. melted oleo
2 cans crescent dinner rolls
1/4 c. chopped nuts
powdered sugar glaze

Heat oven to 375°. Combine sugar and cinnamon. Dip marshmallows in melted oleo, then into sugar mixture. Wrap crescent triangle around each marshmallow. Start with long side and roll toward point, tucking in other points. Squeeze edges to seal tightly. Dip in melted oleo and put in muffin tins. Bake 10 to 15 minutes until golden brown. Remove immediately and drizzle with glaze. Sprinkle with nuts, if desired. If desired, a few nuts can be placed on the triangle with the marshmallow. Makes 16 rolls.

Margaret Schmidt

JIFFY FRUIT ROLLS

1/4 c. butter
1/2 c. brown sugar, packed
1/2 tsp. nutmeg
1 c. rinsed raisins
1/2 c. chopped nuts

Cream together butter, brown sugar and nutmeg. Add raisins and nuts. Spread mixture between sections of "fat tan" rolls (or cut brown and serve rolls into 3 sections). Fasten rolls together with toothpicks. Place on baking sheet and bake 20 minutes at 375°. Drizzle with confectioners sugar icing. Makes 12 rolls.

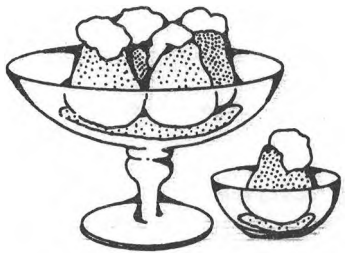
Margaret Schmidt

DATE PECAN BALLS

1 c. soft butter
1/2 c. sugar
2 tsp. vanilla
2 c. ground pecans
1 c. whole dates, cut up
2 c. sifted flour

Cream butter and sugar. Add vanilla and mix. Add flour and mix. Blend in pecans and dates. Roll teaspoons of dough into balls. Refrigerate balls for 1 to 2 hours. Bake on greased cookie sheet for approximately 20 minutes. Remove from oven and roll balls in powdered sugar after cookies after cooled. Cook at 350°.

Marian Easley



CINNAMON FLUFF

1/2 c. shortening
2/3 c. sugar
2 eggs
1 1/2 c. sifted flour
2 tsp. cinnamon
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1 c. sour milk

Cream shortening; add sugar and cream well together. Blend in beaten eggs, sifted flour, cinnamon, soda, baking powder and salt together and add to mixture alternating sour milk. Pour in greased baking dish and set aside while preparing topping of:

1/2 c. sugar
1 tsp. butter
1 tsp. cinnamon

Sprinkle over top of batter and bake 40 to 45 minutes at 325°.

Luella Easley

APRICOT NUGGETS

1 lb. box powdered sugar
2 Tbsp. orange juice
1/2 tsp. vanilla
1 c. chopped pecans
6 Tbsp. butter or margarine, melted
1 (11 oz.) pkg. dried apricots, ground (about 1 1/2 c.)

Combine sugar, butter, orange juice and vanilla; add apricots. Mix and then knead in bowl until ingredients are well mixed. Form in 1-inch balls. Roll in chopped nuts; store in refrigerator or freezer in covered container. Flavor improves with storage. Makes 6 dozen candies.

Marian Easley

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How beautiful a day can be when kindness touches it.

APPLE DUMPLINGS

Pastry:

1 c. flour
1/2 c. Crisco
1/2 tsp. salt
2 or 3 Tbsp. ice water

Mix flour and salt; cut in Crisco. Use enough water to form into ball. Roll out on floured board; cut into four squares.

Filling:

2 large apples
1/2 c. sugar
1 1/2 tsp. cinnamon

Peel and cut into quarters apples (Granny Smith's are good). Put two pieces on each pastry square. Sprinkle with a mixture of 1/2 cup sugar and 1 1/2 teaspoons cinnamon. Fold pastry up; seal. Place in 8 x 8-inch Pyrex dish and chill.

Syrup:

1/2 c. sugar
1/4 tsp. cinnamon
2 Tbsp. butter
1 c. water

When ready to bake, make a syrup of sugar, cinnamon, butter and water. Bring to a boil for 3 minutes. Pour over chilled dumplings. Bake immediately in a 450° oven for 5 to 7 minutes, then at 350° for 30 minutes longer.

Bill Hester

EASY MIX CINNAMON ROLLS

2 pkg. yeast
1 yellow cake mix
1/2 stick oleo or butter
2 1/2 c. warm water
4 to 5 c. flour
sugar and cinnamon to taste

Dissolve yeast in warm water; add dry cake mix and flour. Mix well and let rise until double in size. Divide dough in half and roll out each section. Put butter, sugar and cinnamon on both sections; roll into a ball and cut individual rolls. Place rolls in pan and let rise again. Bake at 350° for 15 to 20 minutes or until light brown. Frost when still warm. Any powdered sugar frosting may be used.

Jean Ray

MRS. TRUMAN'S OZARK PUDDING

1 egg
3/4 c. sugar
1 1/4 tsp. baking powder
1 tsp. vanilla
1/8 tsp. salt
1/2 c. nutmeats
1 small apple, chopped (leave peel on)

Beat egg and sugar together until very smooth. Combine flour, baking powder and salt; stir into egg mixture. Add chopped nutmeats, apple and vanilla. Bake in greased pie pan in moderate oven at 350° for 35 minutes. Serve with whipped cream or ice cream.

Mavis Allen

CHERRY PUDDING

1/2 c. margarine
1 1/2 c. flour
1 c. milk
1 1/2 c. sugar
butter (size of an egg)
1 c. sugar
2 tsp. baking powder
1 can cherries
2 c. boiling water

Mix margarine, 1 cup sugar, flour, baking powder and milk together and pour into 8-inch baking dish. Mix remaining ingredients together and pour over flour mixture. Bake at 350° for approximately 30 minutes.

Mildred Adair

EASY BANANA PUDDING

1 (8 oz.) Philadelphia cream cheese, softened and beaten
1 large instant vanilla pudding mix
2 c. milk
1 (12 oz.) Cool Whip

Mix pudding mix and milk well, then add cream cheese and Cool Whip. Mix all together and alternate vanilla wafers and bananas. Chill and serve.

Leona Bradley

A LAYERED ALASKAN

Crust:

1 c. flour
1/2 c. butter
1 c. chopped walnuts

Cut butter into flour. Add nuts. Pat into bottom of baking dish and bake 10 to 12 minutes at 350°. Chill.

Cream Cheese Filling:

8 oz. cream cheese, softened
1 c. powdered sugar
9 oz. frozen whipped topping, thawed

Whip cream cheese until soft. Whip in sugar and whipped topping. Chill.

Top Layer:

3 c. raspberries
1/2 c. sugar
3 tsp. cornstarch
1 c. raspberry juice

Boil sugar, cornstarch and raspberry juice until clear and thick. Add 3 tablespoons dry jello. Stir over heat until dissolved. Fold in raspberries. Chill. Spread cream cheese mixture over crust and top with raspberry mixture. Chill and serve.

Melany Cueva

KLILEEN'S BEATS ME

graham crackers or Waverly crackers
2 sticks margarine
1 c. brown sugar
1 c. chopped pecans
1 c. slivered almonds

Line cookie sheet (including the sides) with aluminum foil. Line with graham crackers or Waverly crackers. Put margarine, brown sugar, pecans and almonds in saucepan and boil 2 minutes only. Stir. Spread over crackers and bake 10 minutes at 350°. Cut while warm (54, 1-inch squares). Use a sharp paring knife. Fast and easy!

Sarah Bridges

SHARON'S FUDGE

4 1/2 c. sugar
1 large can Milnot
2 (6 oz.) pkg. chocolate chips
1 (10 oz.) jar Marshmallow Creme
1 tsp. vanilla
3 c. pecans, broken in small pieces
2 sticks butter or oleo
1/4 tsp. salt (optional)

Combine sugar and Milnot and cook 13 minutes at rolling boil. Add chocolate chips, Marshmallow Creme, vanilla, pecans, butter or oleo and salt. Mix until melted and beat for 3 minutes. Pour into 2 (9 x 13-inch) pans which have been lightly buttered. When cool, score and cut into squares. It's very good and makes a large amount for the holidays!

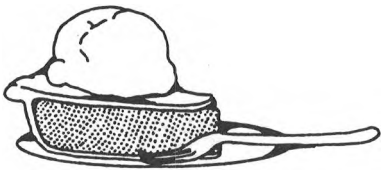
Lorene Sullivan

BAKED FUDGE

2 c. sugar
1/2 c. flour
1/2 c. cocoa
4 well beaten eggs
1 c. melted margarine
2 tsp. vanilla
1 c. chopped pecans (optional)

Mix sugar, flour and cocoa. Add eggs, margarine with vanilla added and pecans. Bake in a 9 x 9-inch pan sitting in a larger pan of hot water at 300° at least 1 hour. Test by inserting knife. Should be firm like custard but not stiff like brownies. Top with whipped cream. A "chocoholic" dream!

Mikel Hill



PEANUT BUTTER FUDGE

2 c. firmly packed brown sugar
1/2 c. butter or margarine
1 jar Marshmallow Creme
1 (12 oz.) pkg. Nestle peanut butter morsels
1 c. granulated sugar
1 c. evaporated milk
1 tsp. vanilla (optional)

Combine in a saucepan the brown sugar, granulated sugar, milk and butter (or margarine). Bring to a full boil over moderate heat, stirring frequently. Boil 15 minutes over moderate heat, stirring occasionally. Remove from heat. Add Marshmallow Creme and the morsels. Stir until the morsels are melted and mixture is smooth. Pour into a greased 9-inch pan. Cut when cool.

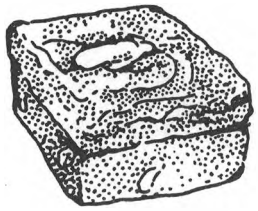
Blanche Graham

WHITE FUDGE

3 c. sugar
1 c. Milnot
1 pt. jar Marshmallow Creme
1 c. chopped nuts (optional)
3/4 stick margarine
12 oz. pkg. Angel Flake coconut

Mix sugar, Milnot and margarine together and cook until mixture comes to a boil, stirring frequently. Boil this mixture for 15 minutes, stirring constantly. Remove from fire and stir in coconut and Marshmallow Creme. Stir together until mixture is creamy and smooth. (This may be done on the electric mixer.) Pour into a buttered, 9 x 9-inch pan. Allow to cool and cut as desired. Yield: Approximately 2 1/2 pounds.

Blanche Graham



MICROWAVE NEVER FAIL FUDGE

1 lb. powdered sugar
1/4 c. milk
1 tsp. vanilla
1/2 c. cocoa
1 stick margarine
1 c. chopped pecans

Sift together sugar and cocoa into medium size glass bowl. Add milk. Cut margarine into 4 or 5 pieces. Drop around edges, not in center. Do not stir. Microwave 2 to 2 1/2 minutes on High. Mixture will look like it did at first. Mix well. Add vanilla and pecans. Pour into buttered pan. Chill 1 hour.

Joyce Fulton

EASY DIVINITY

3 c. sugar
3/4 c. light corn syrup
3/4 c. water
2 egg whites
1 pkg. flavored gelatin
1 c. chopped nuts
1/2 c. grated coconut

Grease a 9-inch pan thoroughly. Mix the sugar, corn syrup and water in a saucepan and cook to the boiling point, stirring constantly. Reduce heat and continue cooking, stirring occasionally until a few drops tested in cold water form a hard ball (252°). Meanwhile, beat egg whites until they fluff up. Then add the dry gelatin gradually, beating until the mixture holds a definite peak. Pour the syrup into the egg white mixture in a thin, thin stream, beating constantly until candy holds a shape and loses its gloss. Stir in the nuts and coconut. Quickly pour into the pan. (Divinity cuts more satisfactorily if you keep dipping your knife into hot water during the cutting process.) Makes 5 dozen pieces. (If you want pink or green color, use black raspberry or cherry for pink and lime for green.)

Blanche Graham

JANUARY THAW CANDY

2 c. white sugar
1/4 tsp. soda
1 c. nuts
1/8 tsp. salt
1/3 c. white syrup
1 c. milk
1 tsp. vanilla

Combine sugar, soda, salt, white syrup and milk in a heavy pan. Cook to soft ball stage, 250°. Remove from fire and add vanilla. Let cool. When candy is cool, beat with electric mixer until it begins to thicken. Add nuts and continue beating until it holds shape. Dip by spoonfuls on wax paper. This is very good. Taste just like Aunt Bill's, only easier to make.

Marge Ray

QUICK NUT PATTIES

1 pkg. Reese's peanut butter chips
6 Tbsp. milk

Melt peanut butter chips in milk. Stir in your favorite nuts. Drop by spoonfuls on wax paper or cooking sheet. Put in refrigerator for about 1 hour (until set).

Ione Roberts

PECAN CLUSTERS

2/3 c. marshmallow cream
1 (6 oz.) pkg. semi-sweet chocolate morsels
1 2/3 c. sugar
1/2 c. evaporated milk
2 1/2 Tbsp. butter or margarine
2 c. pecan halves, toasted

Place marshmallow cream and chocolate morsels in a bowl. Combine sugar and butter in a saucepan. Bring mixture to a boil; let boil 2 minutes. Pour over marshmallow cream and chocolate morsels; stir until blended. Stir in pecans. Drop by teaspoonfuls onto wax paper. Yield: About 4 dozen.

Marge Ray

TIGER BUTTER

12 oz. semi-sweet chocolate morsels, melted
12 oz. jar creamy peanut butter
1 lb. white chocolate

Melt peanut butter and white chocolate. Spread mixture onto a waxed paper lined 15 x 10 x 1-inch jelly roll pan. Pour semi-sweet chocolate over peanut butter mixture and swirl through with a knife. Chill until firm. Break into pieces. Store in refrigerator.

Garnetta Zwaan

CRACKER TOFFEE

40 saltine crackers
1 c. real butter
1 c. brown sugar
1 (6 oz.) pkg. chocolate chips

Line large cookie sheet with foil. Arrange saltine crackers on foil. Melt real butter; stir in brown sugar until melted. Drizzle this over the crackers and bake 12 minutes at 350°. Melt chocolate chips with small sliver paraffin over a pan of hot water. Spread this over the slightly cooled crackers. Sprinkle finely chopped nuts on top of chocolate and let cool.

Leona Bradley

PEANUT PATTIES

2 c. sugar
2/3 c. white syrup
1 c. milk
2 c. raw peanuts
2 Tbsp. butter
1 c. powdered sugar
red food coloring

Put sugar, white syrup, milk and peanuts in a large pan; cook to soft ball stage (or exactly 1 hour after it starts bubbling). Remove from heat and add butter, powdered sugar and red food coloring. Stir until thick. Drop by teaspoonfuls on foil. Let harden.

Note: If they are sugary, you cooked them too long. If they don't harden, you didn't cook them long enough.

Sue McWhorter

ELAINE'S CHOCOLATE CANDY

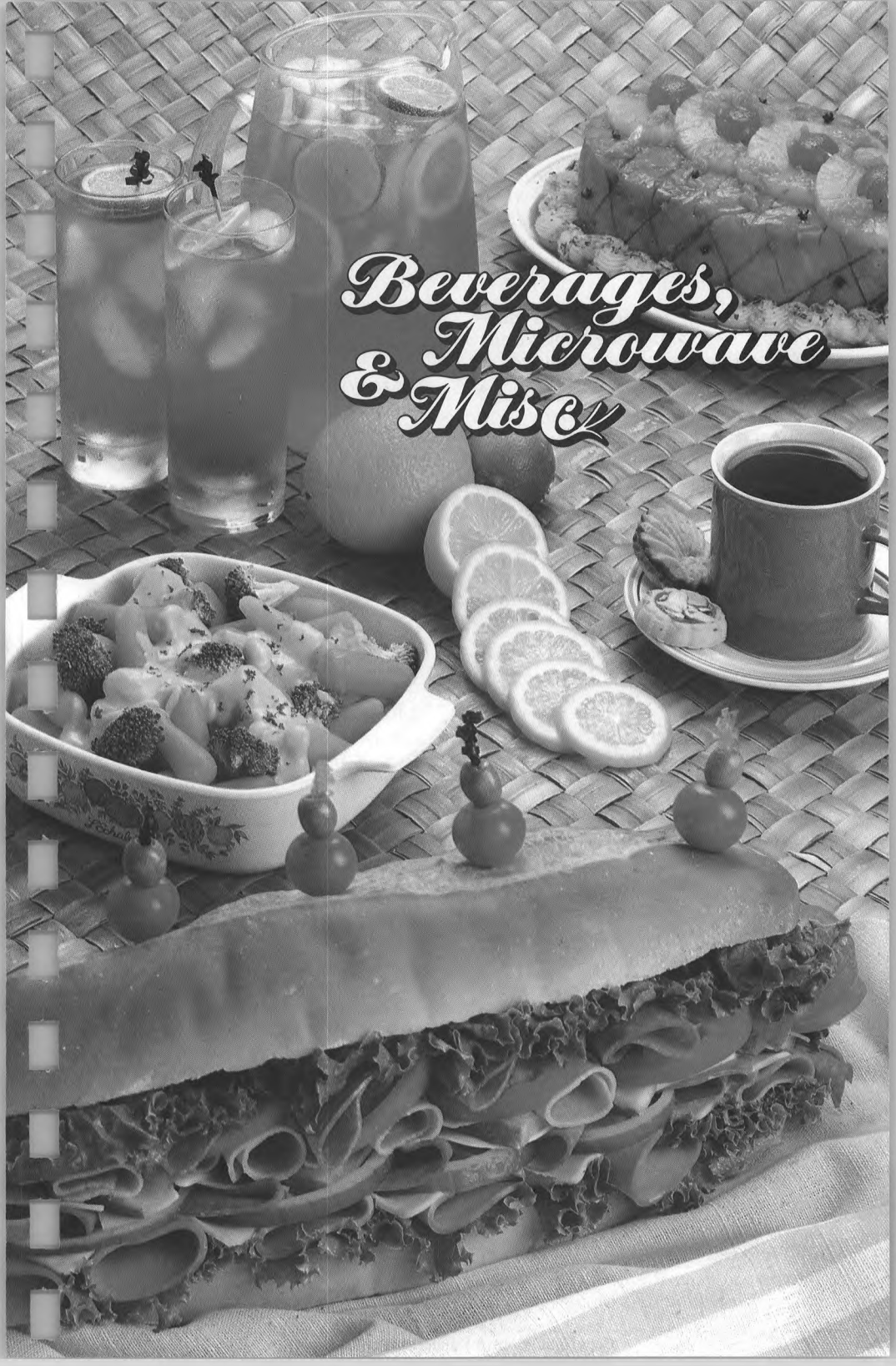
1 (6 oz.) pkg. semi-sweet chocolate drops
1/3 c. dry milk
1/4 c. graham cracker crumbs
1/2 c. pecans or other nuts, ground up fine

Melt chocolate drops over low heat in heavy saucepan. Add milk, graham cracker crumbs and pecans or other nuts. Mix together and drop by spoonfuls on waxed paper. Chill in refrigerator. Very easy, but oh, so good!!

Ruth McCord

<<< Extra Recipes >>>

<<< Extra Recipes >>>


Beverages,
Microwave
& Misc.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporatedmilk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.

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FRESH FRUIT BLENDER DRINK

- 1 c. sliced fresh or frozen fruit
- 1 (6 to 8 oz.) carton vanilla yogurt
- 1/2 c. milk
- 1 Tbsp. honey or sugar (optional)

In a blender container, combine fruit, yogurt, milk and honey; cover and blend well. Garnish with a strawberry, if desired. Makes 1 serving.

Margaret Schmidt

ORANGE JUICE SPECIAL

- 1 (6 to 8 oz.) carton vanilla yogurt
- 1 egg
- 1/2 tsp. honey
- 3 Tbsp. frozen orange or tangerine juice concentrate
- 1 ice cube (optional)

In a blender container, combine yogurt, egg, orange juice concentrate, honey and ice cube, if desired; cover and blend well. Garnish with an orange slice, if desired. Makes 1 serving.

Margaret Schmidt

ANYTIME EGGNOG

- 1 ripe small banana
- 1 egg
- 1/2 c. milk or light cream
- dash of ground nutmeg
- drop of vanilla or rum extract

In a blender container, combine banana, egg, milk or cream, nutmeg and vanilla or rum extract; cover and blend well. Garnish with banana slice, if desired. Makes 1 serving.

Margaret Schmidt

BASIC VINAIGRETTE

1/4 c. salad oil
2 Tbsp. vinegar
1/2 tsp. dried basil, tarragon, thyme or dill weed, crushed
1/4 tsp. prepared mustard
dash of sugar
dash of salt
dash of pepper

In a screwtop jar, combine oil, vinegar, desired herb, mustard, sugar, 2 tablespoons water, salt and pepper. Cover and shake well. To store, refrigerate tightly covered. Shake again before serving. Makes 1 serving or 1/2 cup.

Margaret Schmidt

STRAWBERRY-FILLED CROISSANT

croissant
cream cheese
strawberry preserves

Split a croissant; spread bottom half generously with soft style cream cheese. Spread with strawberry preserves, then assemble.

Margaret Schmidt

BREAKFAST PITA

1 Tbsp. dairy sour cream
1/8 tsp. prepared mustard
1 chopped, hard-cooked egg
1 thin slice fully cooked ham

Cut a pita round in half crosswise. Combine dairy sour cream and prepared mustard. Spread half inside pita halves. Combine remaining sour cream mixture and egg. Season to taste. Line each pita half with ham and fill with egg mixture. If desired, heat pita halves. To heat in the microwave, loosely wrap pita halves in clear plastic wrap. Microwave on 100% power (High) about 45 seconds. To heat in the oven, wrap pita halves in foil and heat in a 350° oven about 15 minutes.

Margaret Schmidt

PEANUT BUTTER-BANANA SANDWICH

2 slices cinnamon, whole wheat or raisin bread
peanut butter
bacon pieces
1/2 banana, sliced

Use 2 slices of cinnamon, whole wheat or raisin bread; spread 1 slice with peanut butter. Sprinkle with cooked bacon pieces, then assemble. If sandwich is made ahead, store it in the refrigerator. Before serving, add 1/2 banana, sliced.

Margaret Schmidt

PASTRAMI SANDWICH SUPREME

1 (6-inch) French-style roll
1 Tbsp. mayonnaise or salad dressing
1/2 (3 oz.) pkg. very thinly sliced pastrami
1/2 tsp. Dijon style mustard
lettuce leaf
1 slice Swiss cheese
1/4 c. coleslaw
1 green onion, thinly sliced

Slice roll horizontally into 3 layers. Scoop out bottom roll slice, leaving a 1/4-inch shell. Combine mayonnaise, green onion and mustard. Mix well. To serve, spread bottom roll slice with half of the mayonnaise mixture. Top with a lettuce leaf. Spoon coleslaw onto lettuce-lined roll. Top with the tomato slices. Place middle slice of roll over tomato slices. Spread with remaining mayonnaise mixture. Arrange pastrami and Swiss cheese over mayonnaise. Top with remaining roll slice. Makes 1 sandwich.

Margaret Schmidt

* * * * *

Life is 10% what you make it and 90% how you take it.

QUICK PIZZA TOSTADA

1 (6-inch) flour tortilla
2 Tbsp. tomato sauce or pizza sauce
1/4 c. shredded herb flavored or Mozzarella cheese (1 oz.)
1 Tbsp. cooked pepperoni pieces or 4 pepperoni slices, chopped
snipped fresh basil (optional)

Place tortilla under the broiler. Broil 3 inches from the heat about 2 minutes or until crisp, turning once. Remove tortilla from broiler. Spread tortilla with tomato sauce or pizza sauce. Top with herb cheese and pepperoni. Return to broiler and broil for 1 1/2 to 2 minutes or until cheese melts. Garnish with fresh basil, if desired. Makes 1 serving.

Margaret Schmidt

WHIPPED CHEESE TOPPING

3 oz. soft style cream cheese (1/3 c.)
3 Tbsp. powdered sugar
1/2 tsp. finely shredded orange peel
milk (optional)

In a small bowl combine cream cheese, sugar and orange peel. Mix until well blended. To store, refrigerate, tightly covered, for up to 1 week. To serve, you may need to stir milk into the amount of topping you plan to use to make topping of desired consistency for intended use. Makes 1 serving or about 1/2 cup.

Margaret Schmidt

EGG-AND-SAUSAGE SCONE

scone or baking powder biscuit
1 scrambled egg
1 cooked Brown 'N Serve sausage patty
1 Tbsp. applesauce

Split a scone or baking powder biscuit. Place sausage patty and egg on bottom half. Top with applesauce, then assemble. If desired, heat sandwich.

CHEESE-FILLED BAGEL

bagel
2 Tbsp. soft style cream cheese
2 Tbsp. finely chopped fully cooked ham or cooked bacon pieces

Split a bagel (any flavor); spread bottom half with cream cheese. Sprinkle with cooked ham or cooked bacon pieces, then assemble.

Margaret Schmidt

BASIC GROUND BEEF MIXTURE

1 lb. lean ground beef
1 tsp. Worcestershire
1/8 tsp. salt
1 small onion, chopped
1 clove garlic, minced
dash of pepper

In a large skillet, cook meat, onion and garlic until meat is brown and onion is tender; drain. Stir in Worcestershire sauce, salt and pepper until well combined. Use 1 portion or the meat mixture right away and/or freeze portions for later use. Makes three 1/2-cup portions.

Margaret Schmidt

QUICK ONE-POT SPAGHETTI AND MEATBALLS

1 oz. spaghetti, broken (1/4 c.)
4 oz. ground beef round or ground raw turkey
4 pimento stuffed olives or pitted ripe olives, sliced
2/3 c. spaghetti sauce
2/3 c. water
2 green onions, sliced
grated Parmesan cheese
3 medium mushrooms, sliced
garlic toast (optional)

In a medium saucepan, combine spaghetti sauce and water; bring to boiling. Add pasta and cook, covered, for 5 minutes. Drop meat by small spoonfuls into sauce mixture. Add mushrooms and green onions. Return to boiling; reduce heat. Cover and simmer about 10 minutes or until meatballs and pasta are done and vegetables are tender, stirring twice. Stir in olives and heat through. Sprinkle with Parmesan cheese; serve with garlic toast, if desired. Makes 1 serving.

Margaret Schmidt

SKILLET VEAL PARMESAN

3 Tbsp. grated Parmesan cheese
1 Tbsp. fine dry bread crumbs
4 oz. veal cutlet, cut 1/4-inch thick
1 Tbsp. cooking oil
1 (8 oz.) can tomato sauce
1/4 tsp. Italian seasoning
dash of garlic powder
dash of pepper
2 Tbsp. milk
1 Tbsp. dry white wine
hot cooked noodles
1/2 c. coarsely chopped zucchini

Combine 1 tablespoon Parmesan cheese, crumbs, garlic powder and pepper. Dip veal in milk; coat with crumb mixture. In an 8-inch skillet, cook veal in hot oil over medium-low heat about 8 minutes or just until tender, turning once. In a small bowl, mix tomato sauce, wine and Italian seasoning; add to skillet. Cook and stir over medium heat until thickened. Add zucchini. Cover and simmer about 5 minutes or until zucchini is crisp-tender. Sprinkle with 2 tablespoons cheese. Serve over hot cooked noodles. Makes 1 serving.

Margaret Schmidt

BACON-LETTUCE-TOMATO TOSTADA

1 (6-inch) flour tortilla
1 Tbsp. mayonnaise or salad dressing
1/4 c. shredded Swiss or Monterey Jack cheese (1 oz.)
1 tsp. milk
2 slices bacon
1 Tbsp. salsa
lettuce leaves
1/2 small sliced tomato

Cut tortilla into quarters. In an 8-inch skillet, cook bacon until crisp; drain and halve bacon, reserving 1 teaspoon of the drippings in skillet. Reheat skillet over medium heat. Add tortilla pieces to the skillet and cook for 3 to 4 minutes or until golden brown, turning to cook both sides. Remove from skillet. Combine mayonnaise, salsa and milk. Top cooked tortilla quarters with a layer of lettuce, cheese and tomato slices. Top with bacon pieces. Spoon mayonnaise mixture over bacon. Makes 1 serving.

Margaret Schmidt

FRUIT COMPOTE

1 grapefruit
1/4 tsp finely shredded orange or lemon peel
1/2 c. seedless grapes, halved
3/4 c. fresh or canned pineapple chunks, drained
2 tsp. lemon juice
dash of ground nutmeg
2 oranges
3 Tbsp. sugar
2 tsp. cornstarch
1/8 tsp. ground cardamon
toasted coconut or fresh mint leaves (optional)

Peel and section grapefruit and oranges, reserving fruit juices. Set fruit aside. For sauce, add enough water to juices to make 1/2 cup liquid. In a small saucepan, stir together juice liquid, sugar, cornstarch, lemon juice, cardamon, nutmeg and orange or lemon peel. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Cover and chill. In a medium mixing bowl, combine grapefruit and orange sections, pineapple chunks and grapes. Pour sauce over fruit and toss gently to coat. Cover and chill for up to 5 days. Top with toasted coconut or mint leaves, if desired. Makes 1 serving or 2 1/2 cups.

Margaret Schmidt

FROZEN ORANGE CUP

1 orange
1 tsp. sugar
1/4 c. whipping cream
1 Tbsp. finely crushed cookie, candy bar or miniature semi-sweet chocolate pieces (optional)

Slice off upper 1/3 of orange. Carefully remove and drain pulp; reserve juice for another use. Reserve orange cup. Cut pulp into bite size pieces; set aside. In a small mixer bowl beat cream and sugar until stiff peaks form. Fold in orange pulp and crushed cookie, candy or chocolate pieces, if desired. Spoon into orange cup. Cover with clear plastic wrap and freeze about 3 hours or until firm. Let stand at room temperature for 15 to 20 minutes before serving. Makes 1 serving.

Margaret Schmidt

MEXICAN CHICKEN SALAD

6 oz. boneless chicken breast, cut into 1-inch pieces
1 green onion, bias sliced into 1/2-inch lengths
1/2 c. shredded Cheddar cheese (2 oz.)
1 tsp. cooking oil
1/2 c. taco sauce
1/3 c. bean dip
chopped lettuce
tomato wedges
tortilla chips

In a medium skillet, cook and stir chicken pieces in hot oil over high heat about 3 minutes or until tender. Remove chicken pieces from skillet. (Add more oil as necessary during cooking.) Add green onion to skillet. Cook and stir about 1 1/2 minutes or until crisp-tender. Return chicken to skillet; stir in taco sauce and bean dip. Cook and stir until heated through. Arrange lettuce on a plate; spoon chicken mixture over lettuce. Top with cheese; garnish with tomato wedges and tortilla chips. Makes 1 serving.

Margaret Schmidt

MICROWAVE QUICK SCALLOPED POTATOES

6 medium potatoes (6 oz. each)
1/4 c. butter or margarine
1 Tbsp. dried onion flakes
2 c. milk
1 tsp. salt
1/2 tsp. pepper
1/4 c. flour

Rinse potatoes; pat dry. Prick skin several times with fork to allow steam to escape and prevent bursting. Bake potatoes according to individual microwave oven directions, until potatoes are almost tender. Let stand 5 minutes; peel and slice. Meanwhile, in 4 cup glass measure, heat butter, onion, salt and pepper, 1 to 1 1/2 minutes or until butter is melted. Stir in flour; gradually add milk, stirring until smooth. Heat sauce at Medium power 6 to 7 minutes, stirring twice. In 2 quart casserole dish, alternately layer potatoes and sauce forming 3 layers. Cover with plastic wrap. Heat 14 to 15 minutes on Medium power. Let stand, covered, 5 minutes before serving.

Barbara Bowman

MICROWAVE BANANA NUT COFFEE CAKE

1/4 c. salad oil
1 c. mashed ripe banana
1/2 c. brown sugar
1/2 c. chopped nuts
1/2 tsp. salt
Nut Topping
1/4 c. milk
1 egg
1 c. flour
3/4 tsp. baking powder
1/4 tsp. baking soda

Combine oil, milk, egg, banana and sugar; add nuts, flour, baking powder, salt and baking soda, stirring only until flour is moistened. Pour into greased 8-inch round baking dish. Sprinkle with Nut Topping. Heat 9 to 10 minutes on Medium power; let stand, covered, 10 minutes. Store, covered, until ready to serve.

Nut Topping:

1/4 c. brown sugar
1/4 c. chopped nuts
2 Tbsp. flour
1/4 tsp. ground cinnamon
1 Tbsp. softened butter or margarine

Combine brown sugar, nuts, flour and ground cinnamon; blend in butter or margarine.

Barbara Bowman

MICROWAVE SUGARY JAM MUFFINS

1/4 c. salad oil
1 egg white
1 c. flour
1/4 tsp. salt
2 Tbsp. butter or margarine
1/4 c. sugar
1/4 c. skim milk
3/4 tsp. baking powder
2 Tbsp. jam, divided
2 Tbsp. cinnamon sugar

Stir oil and sugar together; stir in egg white and milk. Add flour, baking powder and salt, stirring only until flour is moistened. Divide 1/2 the batter into 5 custard cups (6 ounces each) or a microwave muffin pan, lined with cupcake paper. Spoon 1 teaspoon jam into center of each. Top with remaining batter, spreading to cover jam. Arrange dishes in circular pattern on glass oven tray. Heat 5 to 5 1/2 minutes at Medium-low power setting (50%). Let stand, covered, 3 minutes. Meanwhile, heat butter until melted. Dip tops of muffins in butter, then in cinnamon sugar. Best when served warm.

Barbara Bowman

ANNIE'S HOT SPICED TEA

1 large bottle cranberry juice cocktail
1 qt. pineapple juice
2 c. instant lemon tea
3 qt. water
1 1/2 c. sugar

Combine and place in large coffee maker. In the basket place 2 or 3 sticks cinnamon and 5 to 10 cloves. Perk full cycle. Serve hot.

Pegge Allen

TOMATO PUNCH

1 (46 oz.) can tomato juice
1 c. orange juice
2 1/2 Tbsp. sugar or less
1 Tbsp. salt
1 1/2 tsp. celery salt
1/4 tsp. onion powder
4 Tbsp. horseradish
1 1/2 Tbsp. Worcestershire sauce
dash of Tabasco
4 Tbsp. lemon juice

Combine all ingredients; chill. Makes 1/2 gallon.

Pegge Allen

HOT CHOCOLATE

1 (8 qt.) box powdered milk
1 (1 lb.) box Nestle Quik chocolate
1/2 c. powdered sugar
7 oz. Pream or Coffee-mate (use as needed)

Mix 1/3 cup of mixture to 1 cup of water.

Eldon English

STRAWBERRY PUNCH

3 pkg. cherry Kool-Aid
1 large can Hawaiian Punch
1 qt. frozen strawberries
3 qt. ginger ale
3/4 c. sugar (optional)

Mix Kool-Aid, Hawaiian Punch and sugar thoroughly and freeze to mush consistency. Add strawberries to mixture. Place in freezer until ready to use. When ready to serve, thaw until of mush consistency. Add ginger ale and mix well. Makes 1 gallon.

Mary Belle Ellis

MULLED CRANBERRY JUICE

1 1/2 c. water
1/2 c. sugar
2 (2-inch) sticks cinnamon
1 tsp. whole cloves
1 tsp. whole spice
1 tsp. grated lemon
1/4 c. lemon juice
2 c. cranberry juice

Combine water, sugar, cinnamon, spices and grated lemon in saucepan. Cover and bring to a boil; boil gently for 8 to 10 minutes. Strain, cool and store in refrigerator. When ready to serve, add lemon juice and cranberry juice. Heat and serve. Makes about a quart. Powdered spices may be used. Testing is the best guide for substitution.

Jessie May Hines

PUNCH

2 c. cranberry juice
2 c. pineapple juice (unsweetened)
2 large sticks cinnamon
10 whole cloves
1/4 c. brown sugar

Simmer 15 to 20 minutes or put in an electric percolator.

Esther Powell

RED PUNCH

1 small pkg. cherry Kool-Aid
1 small pkg. strawberry Kool-Aid
1 small can frozen orange juice (do not add water)
2 c. sugar
1 small can frozen lemonade (do not add water)
2 qt. water
1 half bottle ginger ale

Mix all ingredients together. (Add ginger ale just before serving. This can be frozen to make a slush.)

Esther Powell

* * * * *

If you want to put the world right, start with yourself.

SUMMER TEA

2 c. sugar
1 c. water
1/2 c. loose tea
generous bunch mint
4 lemons, juiced
1 small can orange juice

Boil sugar and water together until clear. Remove from heat and add tea and mint leaves. Steep until cool. Strain into a gallon jar. Add juice of 4 lemons and concentrated orange juice. Fill jar with cool water and stir. Serve with sprig of mint or fresh lemon slice over tea.

Hazel Cagle

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NOTES

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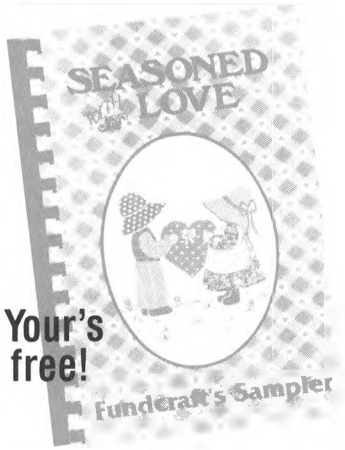

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"Little Known"
HOUSEHOLD HINTS
. . . that even your Grandmother probably didn't know!

GENERAL

- Rubbing alcohol will remove ball-point pen ink marks.
- Candles chilled for 24 hours in refrigerator will burn longer and not drip.
- Baking soda on a damp cloth will remove grime and grease from glass on oven door.
- Window cleaner will clean and polish exterior of appliances — stove, refrigerator — also small appliances, taps, etc.
- Mixture of half salt and half hot vinegar rubbed on brass will clean and polish.
- To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.
- To remove gum from hair, rub a plain chocolate bar in hair — then wash.
- A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.
- Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and act as insecticides, too.
- Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
- Stamp a few moth balls into the ground near flower beds to keep dogs away.

continued

...and more "Little Known"

HOUSEHOLD HINTS

- To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.
- Add a little salad oil in when you cook macaroni or spaghetti and it will not boil over or stick.

VINEGAR

- A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint, and keep the air fresh.

MILK

- Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.
- To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.

PIES

- When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.
- Make your two-crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator. Let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.

- Put cream or milk on top of two-crust pies for a nice brown pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.

- Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

ABBREVIATIONS COMMONLY USED

tsp. - teaspoon
Tbsp. - tablespoon
c. - cup
pt. - pint
qt. - quart
pk. - peck
bu. - bushel
oz. - ounce or ounces
lb. - pound or pounds
sq. - square
min. - minute or minutes
hr. - hour or hours
mod. - moderate or moderately
doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon
3 teaspoons - 1 tablespoon
16 tablespoons - 1 cup
1 cup - 1/2 pint
2 cups -1 pint
2 pints (4 cups) - 1 quart
4 quarts (liquid) - 1 gallon
8 quarts (solid) - 1 peck
4 pecks - 1 bushel
16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons -1/4 cup
5 1/3 tablespoons - 1/3 cup
8 tablespoons - 1/2 cup
10 2/3 tablespoons - 2/3 cup
12 tablespoons -3/4 cup
14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

TERMS
Used in Cooking

APPETIZER	A small serving of food served before or as the first course of a meal.
ASPIC	A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER	A mixture of flour or liquid that can be beaten or stirred.
BISQUE	A rich thick cream soup made from fish.
BLANCH	To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE	A chowder made from several varieties of fish and wine.
BOUILLON	Clear soup made from lean beef or chicken.
BRAISE	To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL	Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY	A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes call curly endive.
CIDER	The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY	To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER	A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL	An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS	Crisp particles left after fat has been fried out.

CROQUETTES	Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.
DOUGH	A mixture of flour and liquid that is stiff enough to be kneaded.
DRIPPINGS	Liquids resulting from meat being cooked.
ENTREE	The main course of a meal.
FONDUE	A dish made of cheese, eggs, etc.
FRITTERS	Vegetables or fruit covered with batter then fried in deep fat.
FROSTING	A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS	The liver, gizzard or heart of poultry.
GINGER	An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
GLACE	Ice or glossed over. Meats are glazed by covering with concentrated stocks or jellies.
GRATE	Cut into tiny particles, using small holes of grater
HORS d'OEUVRES	Tart, salty or crisp foods served as appetizers.
INFUSION	Liquid extracted from tea, herbs or coffee.
JULIENNE	Cut in fine strips or strings.
KNEAD	To place dough on flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
LEGUMES	The seeds of certain plants, as peas, beans, peanuts, and lentils.
MACEDOINE	A mixture of fruits or vegetables.
MARJORAM	May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.
MARINATE	Let food stand in liquid that will add flavor or tenderize.
MINCE	To cut foods in very fine pieces.
MORNAY	A white sauce containing cheese.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
SHRED	Cut into thin pieces, using large holes of grater or shredder (cheese).

PARE	Cut off outer covering with a knife or other sharp tool (potatoes, apples).
PEEL	Strip off outer covering (oranges).
PIQUANT	A sharp sauce.
SCALD	Heat milk to just below the boiling point. Tiny bubbles form at edge.
SIMMER	Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE	To cook by dry heat, usually in an oven.
BARBECUE	To roast or broil whole, as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL	To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT	The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW	To cook in hot liquid until flavor is extracted.
BROIL	To cook by exposing the food directly to the heat.
BRAISE	To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY	To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COATSPOON	When a mixture forms a thin even film on the spoon.
CODDLE	To cook slowly and gently in a liquid just below the boiling point.
CREAM	To beat until soft and fluffy. Usually applied to shortening and sugar.
CUBE	To cut in even sized pieces.
CUT	To divide foods with a knife or scissors.
DICE	To cut into small cubes.
DISSOLVE	To pass into solution.
FOLD	To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, $1\frac{1}{8}$ inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes;		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

A *"QUICK"* Summary

OF

DILL	Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
FENNEL	Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
MARJORAM	May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
CURRY POWDER	A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
CHIVES	Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups, and in fish dishes. Mild flavor of onion.
SAGE	Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued

Herbs & Seeds

continued...

CARAWAY	Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese, and sauerkraut.
PAPRIKA	A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
BASIL	Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
BAY LEAF	A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
GINGER	An aromatic, pungent root, sold fresh, dried, or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
CHERVIL	Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
SHALLOTS	Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
VINEGAR	Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

RETAIL AND WHOLESALE BEEF CHART

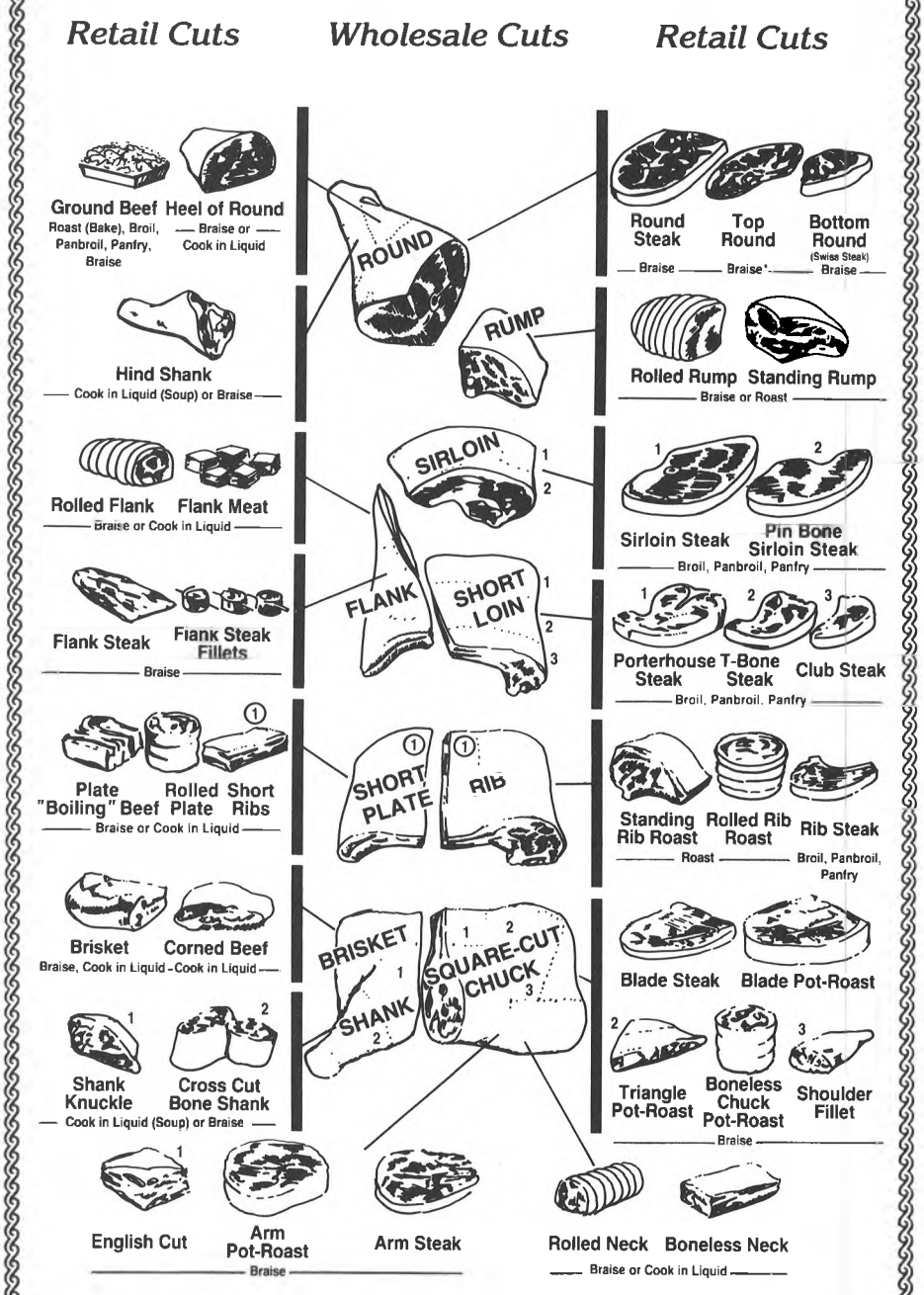

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

QUANTITY COOKING

Food	25 Servings	100 Servings
MEAT, POULTRY OR FISH		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
SANDWICHES		
Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads
SALADS, CASSEROLES		
Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gals.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
VEGETABLES		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

Take Time For 10 Things

1. **Take time to work - - -**
   It is the price of success.
2. **Take time to think - - -**
   It is the source of power.
3. **Take time to play - - -**
   It is the secret of youth.
4. **Take time to read - - -**
   It is the foundation of knowledge.
5. **Take time to worship - - -**
   It is the highway of reverence and washes the dust of earth from our eyes.
6. **Take time to help and enjoy friends - - -**
   It is the source of happiness.
7. **Take time to love - - -**
   It is the one sacrament of life.
8. **Take time to dream - - -**
   It hitches the soul to the stars.
9. **Take time to laugh - - -**
   It is the singing that helps with life's loads.
10. **Take time to plan - - -**
    It is the secret of being able to have time to take time for the first nine things.

Appetizers, Relishes & Pickles

Soups, Salads & Sauces

Meats & Main Dishes

Vegetables

Breads, Rolls & Pastries

Cakes, Cookies & Desserts

Beverages, Microwave & Misc.

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.